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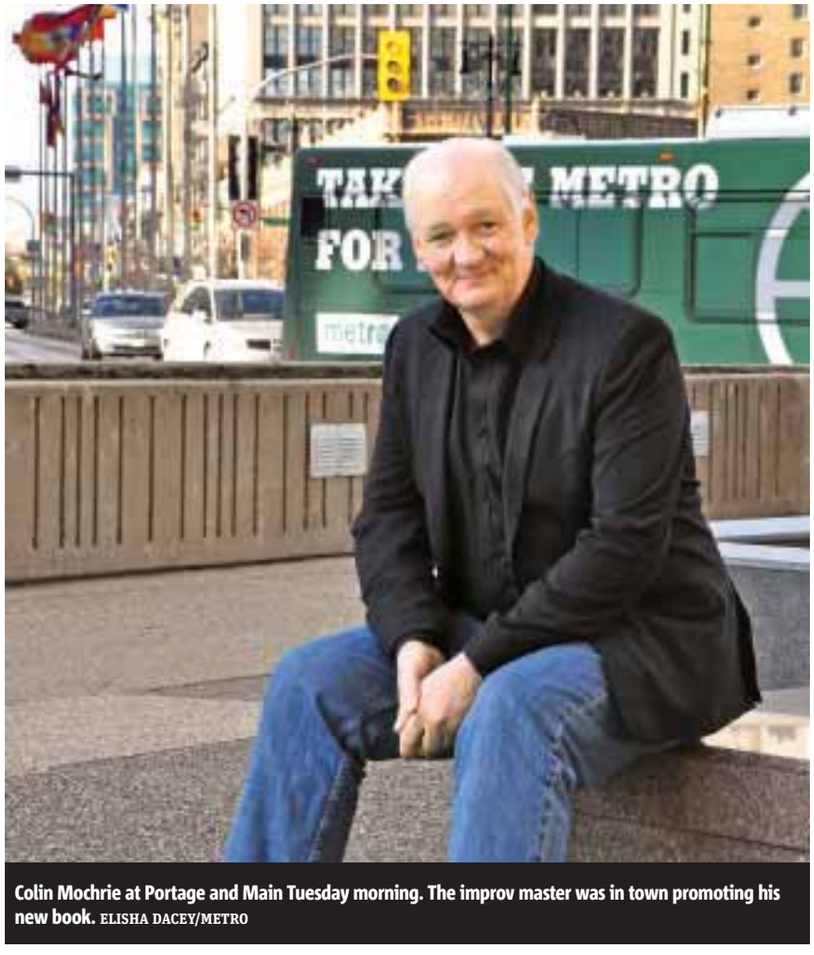
Street artist Banksy disses new World Trade Center by saying "it looks like something they would build in Canada" PAGE 10

WILL BUTLER FEELS THE ISLAND RHYTHMS

BAND WITH THAT SOUND THAT WE ALL SEEM TO REALLY ENJOY INSPIRED TO MAKE REFLEKTOR AFTER TRIP TO HAITI PAGE 12



Colin Mochrie at Portage and Main Tuesday morning. The improv master was in town promoting his new book. ELISHA DACEY/METRO

Canadian improv king takes on the classics

Colin Mochrie. New book like Whose Line... for your mind

ELISHA DACEY
elisha.dacey@metronews.ca

Seeing Colin Mochrie's self-depreciating mug on the front of a book penned by Canada's most famous improvisation artist raises eyebrows in itself.

Then you open it.

Called Not QUITE the Classics, Mochrie's new (and first) book takes the first and last lines of classic novels and smushes up the insides. The result is often funny, often ridiculous and even involves zombies.

Mochrie said it took about six months to write. "It was during an incredibly busy time … but I like having a deadline."

The book came about after his agent signed a book deal. Underwhelmed at the prospect of doing an autobiography, the man best known for his role on Whose Line Is It Anyway decided to coin a whole new literary genre based on making stuff up, just like improv.

"Improvel," he joked. "I'd like to try something like this again … I figure it's like childbirth, once you've done it once you forget (how hard it is.)"

Mochrie was in Winnipeg Tuesday night talking about his book, one of three stops that included Toronto and Vancouver.

Colin Mochrie on improv

- "It's quite a rush … it's like a werewolf, the transformation between backstage and being on stage with all the lights."
- "It's a safe place … I'm doing something I'm good at, together with people I trust completely. Unlike being off stage, right?"
- "I can say hello to Greg (Proops) and then I don't have to say anything again for five hours. But I like it, because that's what improv is, it's good listening."

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Police chief on board with review findings

Got to be proactive.
Devon Clunis says he's already implemented several such changes

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Winnipeg police, its board and union will work together to decide which of the 175 recommendations in a consulting firm's operational review of the force will be implemented, said the city's police chief.

The review was discussed with councillors during a private seminar Tuesday morning and then released publicly.

In it, the consultants state that while the Winnipeg Police Service has "taken a number of steps to develop itself as a model large police department," there has been a lack of accountability in the past within the management team and the service has been "reactive rather than proactive in spite of (or perhaps because of) its responsiveness."

Chief Devon Clunis said many of the review's findings align with his long-term strategic plan to build a "culture of safety in Winnipeg."

"I've instituted measures along those lines from Day 1 in the office," said Clunis.

Coun. Scott Fielding said the review will provide a framework for the future.

"The cost of policing is going up. I think that there are some things in the report that on a long-term basis can help with the financial stability of the organization," such as the "civilianization" of the force, said Fielding, referring to more civilians doing work that doesn't require a badge.

Police Chief Devon Clunis and Coun. Scott Fielding answer questions after the operational review of the police service was released on Tuesday. BERNICE PONTANILLA/METRO

Reaction

"The objective was to be efficient; if there were savings, that would be a bonus."
Mayor Sam Katz

"It ... was a genuine look at what we have and what some of the best practices are."
Coun. Justin Swandel (St. Norbert)

"What we need to do is make sure we ... triage a call ... so that we deploy the appropriate amount of force."
Coun. Ross Eadie (Mynarski)

Farewell to Coun. Vandal

Coun. Dan Vandal holds a framed picture given to him by his fellow councillors on the infrastructure renewal and public works committee — Brian Mayes, Devi Sharma and Jenny Gerbasi — during Tuesday's meeting, his last as chair. The gift was a photograph of the committee during the April 2012 opening of the first stretch of rapid transit. Vandal plans to make the jump to federal politics. BERNICE PONTANILLA/METRO

@wpgpolice #abouttime

The Winnipeg Police Service has joined the Twitterverse.

And while it might have taken our police a little longer than others to set up an account, they made quite a splash when they went live Tuesday morning.

Within just a couple hours, @wpgpolice was trending across Canada.

"Many agencies have had Twitter for a long time and maybe aren't embracing it; we fully intend to be engaging with our citizens," said police spokesperson Det. Sgt. Natalie Aitken.

"We're excited to be here now."

As well as being used to distribute the force's daily press releases, Aitken said the account will give updates on emergency situations like fires, accidents and road closures.

"This is just such a real-time communication tool," she said.

Staff from the service's Public Information Office will monitor the account between regular business hours, and Aitken said others at the force would make sure breaking information is sent out after hours if needed.

Aitken stressed Winnipeggers should not use the account for reporting crimes.

As well as going live on Twitter, the WPS is also expanding their YouTube channel, which, in addition to hosting CrimeStoppers videos, will now include videos of wanted suspects, high-profile police press conferences and chats with Chief Devon Clunis. SHANE GIBSON/METRO

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Hudson's newest friend

The Assiniboine Park Zoo's International Polar Bear Conservation Centre welcomed a new cub late Monday night. The 11-month old female was found orphaned in Churchill last week, and after determining she'd been abandoned by her mother she was brought to Winnipeg.
HANDOUT/METRO

ER where man died 'chaotic': Inquest witness

Health Sciences Centre. Brian Sinclair died in 2008 while he was left in the waiting room

An emergency room was "crazy" and "chaotic" the day a man came in seeking care only to die during a 34-hour wait for treatment.

Allison Peterson told an inquest into Brian Sinclair's death that she and her teenage daughter were at Winnipeg's Health Sciences Centre on Sept. 19, 2008. The emergency room was incredibly busy and "didn't seem right."

"It was so chaotic," Peterson said Tuesday. "It was just so busy. We just wanted to get out of there. It was crazy."

Peterson said she and her daughter left without seeing a doctor because "we felt we would be sitting there forever."

A clinic doctor referred Sinclair to the emergency room on Sept. 19 because he hadn't urinated in 24 hours. The inquest has seen surveillance video from the ER that shows the double-amputee speaking to a triage aide when he arrived just before Peterson and her daughter.

The triage aide writes something on a piece of paper before Sinclair wheels himself into the waiting room. He was found dead 34 hours later.

When Peterson noticed Sinclair, he didn't seem to be in distress, she said.

"He was just sitting there," she recalled. "I feel very badly about what happened to this gentleman."
THE CANADIAN PRESS

Brothers set for a rockin' We Day in Winnipeg

A day before tens of thousands of kids are set to descend on the MTS Centre for Winnipeg's third annual We Day, the energetic brothers behind the celebration and the international charity that spawned it were in the city Tuesday preparing for the big day.

"It's like a rock show for good," explained Craig Kielburger, who took a break from rehearsing his lines with his brother Marc on three massive stages to talk to Metro. "The core idea of We Day is that it's free to attend, but you have to earn your way by doing one local action and one global action."

The day's speeches — which Craig said are designed to inspire positive action from the youth — will be split up with musical performances by the likes of Shawn Desman and Neverest.

Craig Kielburger METRO

"We try to design it that a third of the people (we bring on stage) are working on a global level … a third are hometown heroes or young people and a third is music and celebration," said Craig, explaining the day brings together kids who've gone through We Act, a year-long educational program that encourages youth to become global citizens. "They learn about what's going on in the world … and take actions that seem small, but when you add them all together you have an incredible impact."

We Day and We Act are initiatives of Free The Children, an international charity started by the Kielburger brothers 18 years ago.
SHANE GIBSON/METRO

Transit

Free ride to grocery stores too expensive

The city won't be re-routing Winnipeg Transit's free Downtown Spirit Bus to larger grocery stores.

Members of the infrastructure renewal and public works committee received a report on the idea as information.

In it, transit officials said the Spirit bus already provides service to six smaller grocery stores, some located at The Forks and in Chinatown, and the route extension would double the cost of the bus to $1,320,000 from $660,000. METRO

Infrastructure renewal

More money for gravel back lane upgrades

Homeowners will soon be offered a new way to deal with their dreaded gravel back lanes. On Tuesday, councillors on the infrastructure renewal and public works committee voted in favour of a motion that gives the option of upgrading to asphalt, if 60 per cent of residents on a block agree.

St. Boniface Coun. Dan Vandal amended the motion to include the city paying for 50 per cent of the cost of the asphalt, which was accepted by city staff and the committee. BERNICE PONTANILLA/METRO

Red River

Man rescued from capsized canoe dies

A man who was rescued along with his son from the frigid waters of the Red River this weekend has died. St. Pierre-Jolys RCMP said the man, 64, was in a canoe on the Red River in St. Adolphe with his 13-year-old son at about noon on Sunday when a high wave caused the boat to capsize.

A 60-year-old man waded into the water and helped the teen to shore, while RCMP launched a zodiac boat and were able to pluck the older man from the water. METRO

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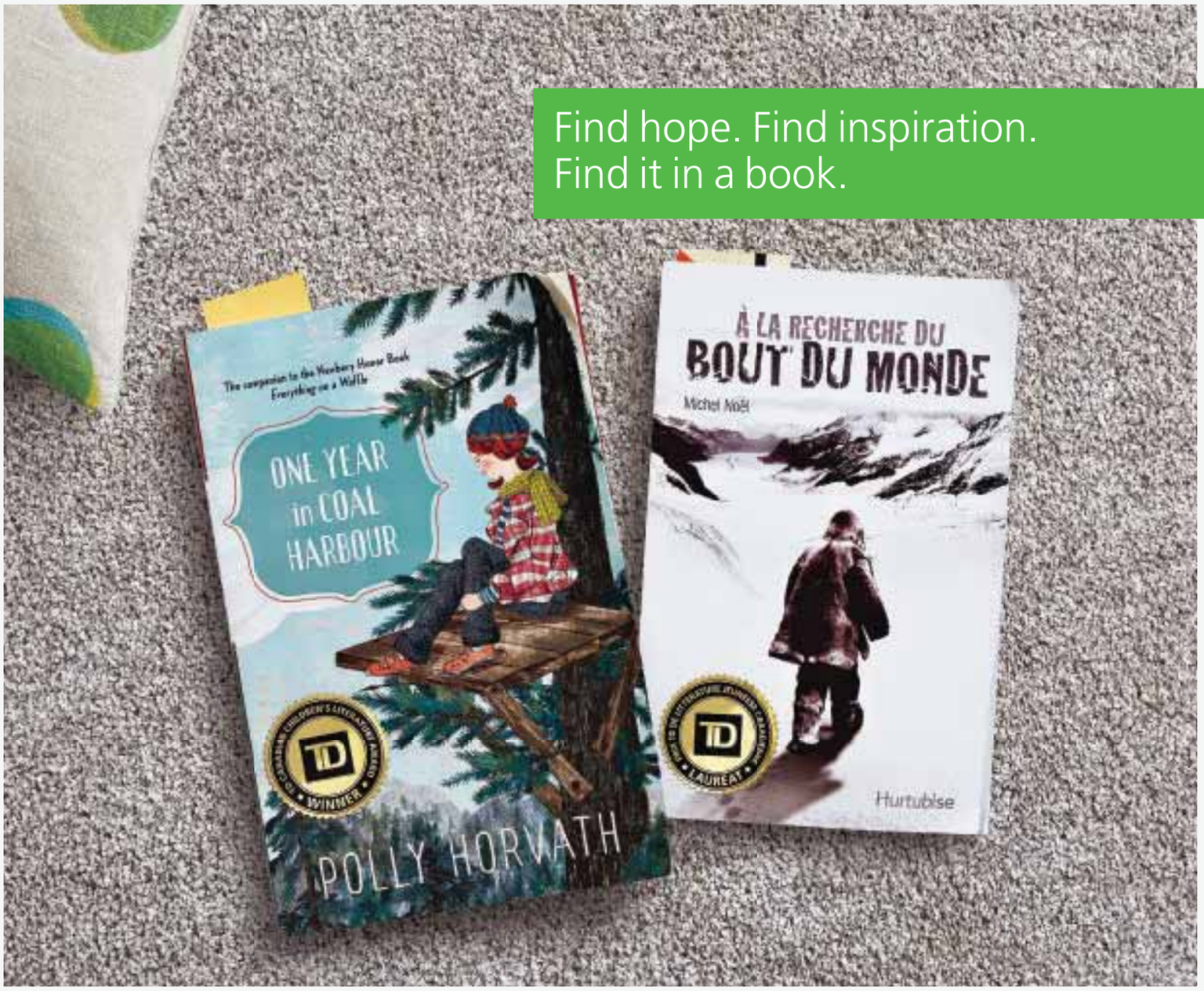

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It's not unusual: PM says paying Duffy's legal fees was no big deal

You'll find it happens all the time. Yet Wallin, Brazeau say nobody offered to help them with their expenses

Stephen Harper sees nothing wrong with the Conservative party using taxpayer-subsidized funds to pay disgraced Sen. Mike Duffy's legal expenses, insisting Tuesday there's nothing unusual about it.

"The party regularly reimburses members of its caucus for valid legal expenses, as do other parties," Harper told the House of Commons.

However, it seems the Conservative party didn't extend its largesse to all other senators accused of improperly claiming travel expenses or housing allowances.

Sen. Patrick Brazeau's office said no offer was made to pay his legal expenses. Terrence O'Sullivan, Sen. Pamela Wallin's lawyer, said the same.

"Sen. Wallin has received no assistance with her legal fees — whether before or after she recused herself from the caucus — from the Conservative party or anyone associated with the Conservative party," O'Sullivan said in an email.

All three are under investigation by the RCMP and are facing suspension from the Senate. The suspension motions were tied in procedural knots Tuesday, making it unlikely they will be voted on before the Conservatives gather Thursday evening for a two-day national convention in Calgary.

Duffy disclosed Monday there were two cheques regarding his allegedly improper expenses: one for $13,560 from Conservative party lawyer Arthur Hamilton to cover his legal expenses, plus the $90,000 from Harper's former chief of staff, Nigel Wright, to enable him to reimburse the Senate.

Harper was grilled repeatedly Tuesday about Duffy's latest bombshell, shrugging off suggestions that Hamilton did anything wrong.

"This individual is not accused of anything," he said in response to a question from NDP Leader Tom Mulcair, who asked whether the prime minister intends to fire Hamilton.

"New Democrats tell us that we should fire or expel people on the flimsiest of allegations without, in some cases, any proof of anything against anybody," Harper said.

"Then when we determine that actions should be taken (against the three senators), the leader of the Opposition stands up and pretends these people are somehow victims of arbitrary actions."

THE CANADIAN PRESS

Prime Minister Stephen Harper answers a question in the House of Commons in Ottawa on Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

Coffee, tea, BTC?

What is being billed as the world's first Bitcoin ATM is seen at a coffee shop in downtown Vancouver. The machine, which was to be unveiled on Tuesday, will allow consumers to exchange cash for the digital currency known as Bitcoins, commonly abbreviated to BTC. JONATHAN HAYWARD/THE CANADIAN PRESS

Report. Canada using its foreign embassies for surveillance operations

The national eavesdropping agency is refusing to comment on allegations that it mounts foreign operations through Canada's embassies abroad.

Lauri Sullivan, a spokeswoman for Communications Security Establishment Canada, says the agency does not comment "on our foreign intelligence collection activities or capabilities."

German magazine Der Spiegel says Canada is using diplomatic facilities to support surveillance operations in league with key allies the United States, Britain and Australia.

The magazine report published this week cites presentation slides leaked by Edward Snowden, a former contractor with the U.S. National Security Agency. THE CANADIAN PRESS

Toronto

Elderly couple die in apparent double suicide

An elderly couple in Toronto plunged to their deaths from the balcony of their apartment Tuesday morning in what police believe was a double suicide.

Emergency crews responded to a building at 7:54 a.m., where the man and woman were pronounced dead at the scene.

TORSTAR NEWS SERVICE

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‘Illegal’ landfill in Sochi violates zero-waste pledge

Winter Olympics. Environmentalists claim ‘unauthorized’ waste site could taint city’s water supply

Village leader Alexander Koropov points at rubble and garbage near a quarry close to Akhshtyr village in Sochi, Russia. The landfill outside Sochi, which will soon host the Olympics, is in the middle of a water protection zone where dumping industrial waste is forbidden. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Trucks rumble to the edge of a gigantic pit filled with spray cans, tires and foam sheets and dump a stream of concrete slabs that send up a cloud of limestone dust. Other trucks pile clay on top and a bulldozer mixes everything together in a rudimentary effort to hide the mess. This landfill outside Sochi, which will host the Winter Olympics in 100 days, is smack in the middle of a water protection zone where dumping industrial waste is banned.

As a centrepiece of its Olympic bid, Russia trumpeted a “Zero Waste” program that promised the cleanest games ever, saying it would refrain from dumping construction waste and rely on reusable materials. But on a visit last week to Akhshtyr, just north of Sochi, The Associated Press found that Russia’s state-owned rail monopoly is dumping tons of construction waste into what authorities call an illegal landfill, raising concerns of possible contamination in the water that directly supplies Sochi.

The finding shows how little Russia has done to fulfil its ambitious green pledges. Its $51 billion budget for the Olympics contains no provisions for treating construction waste.

In a letter obtained by the AP, the Environmental Protection Agency in the area where Sochi is located told the Black Sea resort’s environment council in late August that it had inspected the Akhshtyr landfill and found “unauthorized dumping of construction waste as well as soil from excavation works.” The agency said it fined Russian Railways, whose Sochi project costs billions of dollars, $3,000 for the dumping. It didn’t order the dump closed.

The EPA’s Sochi representative visited the site earlier this month and insisted it was being cleaned up, villagers and activists who were present at that meeting said. The agency was unavailable for comment this week.

Protected area

“Water from here will be contaminating Sochi’s fresh water springs for the next 10 to 15 years.”

Vladimir Kimaev, member of the Environmental Watch on North Caucasus

The main health concern surrounding the landfill is to the water supply.

Authorities confirm that Russian Railways operates the Akhshtyr dump without a licence — but it wouldn’t be able to obtain one even if it tried. That’s because the village lies in an area where dumping construction waste and soil is forbidden under the Russian Water Code. Moisture from the landfill seeps through porous karst rocks into underground springs that feed the nearby Mzymta River, which provides up to half the water supply in Sochi.

THE ASSOCIATED PRESS

International ire. United States intelligence chief defends spying on allies

The top U.S. intelligence director on Tuesday defended spying on foreign allies as necessary and said such scrutiny of America’s friends — and vice versa — is commonplace. Another official said the collection of phone records that prompted outrage across the Atlantic actually was conducted with the help of European governments.

Barack Obama
THE ASSOCIATED PRESS

Top intelligence officials testified that news reports that the National Security Agency had swept up millions of phone records in France, Spain and elsewhere were inaccurate and reflected a misunderstanding of “metadata” that was in fact collected by NATO allies and shared with the United States.

The nation’s post-Sept. 11, 2001 surveillance programs are coming under increased criticism at home and abroad, capped by recent revelations that the NSA monitored German Chancellor Angela Merkel’s cellphone and those of up to 34 other world leaders. Those reports relied on documents provided by former NSA analyst Edward Snowden.

Congressional leaders who have been staunch supporters of the NSA programs are now saying it is time for a close examination. The White House said Tuesday that President Barack Obama had ordered a full review of the programs and was considering changes.

THE ASSOCIATED PRESS

Spy games

National Intelligence Director James Clapper played down European allies’ complaints about spying on their leaders, saying the allies do it, too.

- He said during his 50 years working in intelligence it was “a basic tenet” to collect, whether by spying on communications or through other sources, confidential information about foreign leaders that reveals “if what they’re saying gels with what’s actually going on.”
- Committee Chairman Mike Rogers asked whether allies had conducted the same type of espionage against U.S. leaders. “Absolutely,” Clapper responded.

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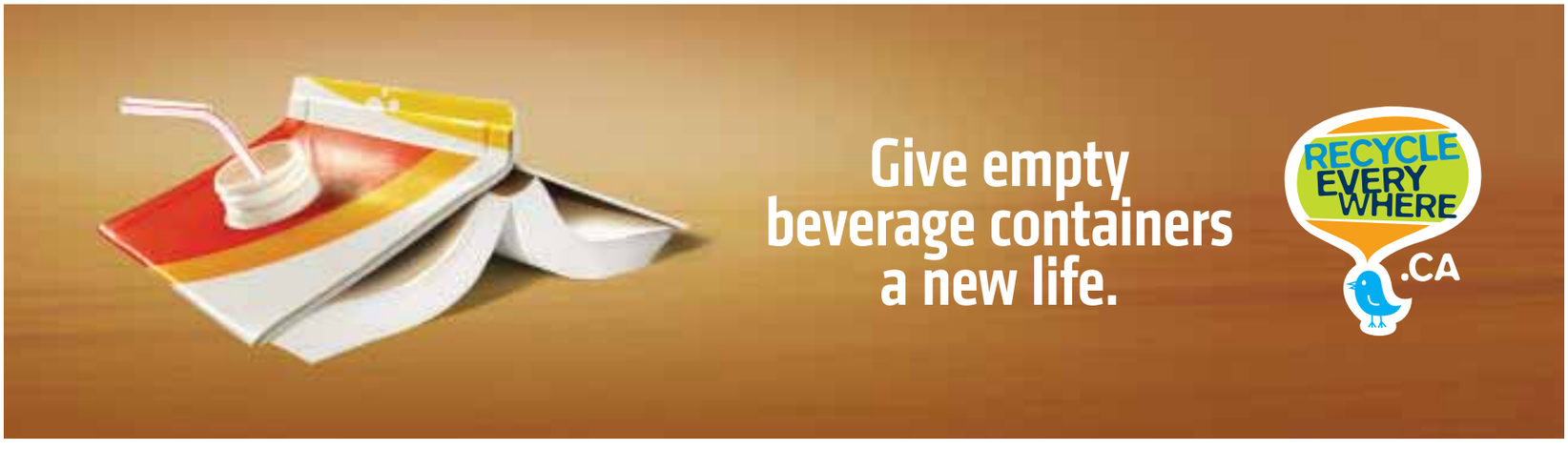

Hey celeb, what was volunteering like?

"I can't even describe the joy I saw in children's eyes in Kenya, knowing they could go to school."

Shawn Desman, R&B singer

"It was very metaphorical. We built the foundation for that community and the kids."

Munro Chambers, actor on Degrassi

"The kids I met in Ghana were so excited about life. I know that they're going to conquer the world, and they're going to make it a better place."

Aislinn Paul, actress on Degrassi

Music lessons

CONTRIBUTED

Canada's classical vocal quartet The Tenors taught four-part harmony in rural Kenya recently, coaching high-achieving girls at Free the Children's Kisaruni Girls High School how to belt out a tune. And not just any tune, but the Leonard Cohen classic Hallelujah.

- Remigio Pereira, Victor Micallef, Fraser Walters and Clifton Murray divided the 80 eager girls into four groups and each Tenor taught his part of the song to his group. They then came together to sing as one powerful voice.
- Murray spoke of how inspiring it was to "share the international language of music with girls who have faced their share of hardship." But through education, and a song in their hearts, he said, they are tomorrow's leaders.

Watch the video of the girls singing Hallelujah at metronews.ca.

WE DAY

Time to get schooled: Free the Children's We Day, an annual event to launch a yearlong series of youth actions, looks at the power of education

MANITOBA 2013

Spencer West, front, climbs Mount Kilimanjaro with his best friends, David Johnson and Alex Meers.

CONTRIBUTED

Certain life lessons are universal: "Treat others how you want to be treated"; "Everything happens for a reason"; "Don't put aluminum foil in the microwave."

Then there are moments of personal triumph or tragedy that come with unforeseen life lessons. One such moment found me halfway up Mount Kilimanjaro, in Tanzania.

About 2,500 metres into our 5,895-metre Kilimanjaro climb, I felt like I'd been hit by a truck. After four consecutive days of waking with the sun to trek through challenging climates, we'd reached the alpine desert — scorching heat and arctic chill — and Africa's tallest peak had taken its toll. Up to this point I'd been climbing on my hands. My shoulders, elbows and wrists were waging war with my body, begging me to stop. My best friends, David and Alex, would have to carry me in an apparatus that had been custom-built for the occasion of my defeat. The mountain had won.

Summit day

David and Alex were in rough shape, having lost the contents of their stomachs to altitude sickness. Physically, I felt fine. I guess being 2'7" finally paid off.

Spencer West, on the lessons he learned climbing Kilimanjaro without legs

Then came summit day. David and Alex were in rough shape, having lost the contents of their stomachs to altitude sickness. Physically, I felt fine. I guess being 2'7" finally paid off.

Mentally, I was struggling with something I'll never forget. For the first time in my life I wished I had legs, not for my sake, but because I wanted to be able to carry my friends like they had carried me.

Evidently, my fairy godmother had the day off. Instead, I did the only thing I could do. I spoke from the heart, expressing words of encouragement the entire way to the top to keep their spirits up and their minds distracted from the gruelling monotony of putting one foot in front of the other.

I became the best damn cheerleader that mountain had ever seen. And I carried them, emotionally speaking.

The lesson? Always exercise in oxygen-rich environments.

No, really, it's this: I didn't fail for being carried; I succeeded when I asked for help, and then I returned the favour.

Nobody achieves anything exceptional on their own. I learned the importance of having others who believe in you.

For 57 million children around the world who are denied access to education, the ability to read, write and receive formal job training are lost.

But those children might also be denied moments of sudden, unexpected inspiration that come from the encouragement of their peers, life lessons they would have learned from exposure to alternative perspectives, and mentorship opportunities from teachers. An entire ecosystem of support is also lost.

For me, part of being educated means having the confidence to believe in yourself and the humility to ask for help. It's the ability to recognize teachable moments and extract moral lessons.

Education is the implicit knowledge that somebody believes in you, will celebrate your successes and shoulder your mistakes. Education is mentorship; it's the confidence that teachers instil in students so that when students graduate, they no longer need their teachers. Education is sustainability. We are in danger of losing this social capital, and 57 million life lessons.

SPENCER WEST/FOR METRO

Hey kid, what's the most important thing you've ever learned in school?

"I think it's art. We make dinosaurs out of clay."

Zipora Logan, kindergarten

"Respect. Because all the children will be respecting you too."

Crystarbell Okunseyien, Grade 3

"Well, I learned everything.... Gym.... Basketball!"

Kemson Edward, kindergarten

"I really like learning math and I think it's really useful. I think I can apply it to a lot of things."

Beatrice Cameron, Grade 5

"I did lessons on the calendar. (It's important because) you have to listen."

Mary Pasqualino, kindergarten

Learning comes in many forms, whether it's the formal education of schooling or the lessons gleaned from volunteer work. Here are a few stories of how Free the Children is impacting people's educations:

Single mom at 12, Rahab Sopiato leaves her charcoal-making days behind for a new career

Rahab Sopiato, 40, gave birth to the first of three children when she was just 12. She bursts out laughing when asked what happened to the father, but makes it clear that he didn't stick around, so she scratched out a living making charcoal.

It was gruelling, hopeless work in the Maasai community of Kajiado, located a three-day walk south of Nairobi in Kenya's Rift Valley.

To make charcoal, Sopiato scavenged branches and chopped them into pieces. Then she covered the pile in leaves and set it alight, before burying it in dirt. The heap smouldered. In three days' time, she had charcoal briquettes, enough to fill one sack.

The market was three hours away, so she borrowed a neighbour's donkey to get there. If she was lucky, she sold the sack for 100 Kenyan shillings, enough to buy corn flour to make a thin porridge for her children. If she wasn't, she returned home with the sack but no food for dinner.

She repeated the process of making charcoal and trudging to market for three decades. She says she was very thin and sickly; so were her children. She couldn't afford to send her eldest daughter to high school, which in Kenya can cost the equivalent of $350 Canadian a year.

A high school education in Kenya is thought to be the golden ticket to a better life. She hated that she couldn't provide that.

Then two years ago, Sopiato heard about Me to We Artisans, which paid mamas like her a fair wage for their beaded handiwork, which was designed for a Western market and sold around the world. Me to We Artisans donates half of its profits to Free the Children, and uses the other half to grow the business.

Sopiato makes bracelets, necklaces and earrings. This fall, she focuses on "ABC Education Rafiki Friend Chains." Each one sold buys school supplies for One Child for One Year. Fingers flying, she makes about 40 a day.

With the money she has so far earned, she was able to finally send her eldest daughter to secondary school. At 29, she just graduated. Sopiato happily talks about what she did with her first few paycheques from Me to We Artisans.

She bought two cows so her family had milk. Then she set up a small shop that sells sugar, soda, flour, rice, potatoes and sweets.

While she waits for customers, she beads.

And at night, Rahab sits on the comfortable cushioned seats she bought, in her newly painted house, and watches her small TV.

After many years of unrelenting hard work, she relaxes. She pats her ample stomach and thick thighs and says the extra pounds she has gained are another tangible sign of her good fortune.

She hopes to never make another charcoal briquette in her life. She also hopes that her children, well educated and well on their way, will support her as she grows old.

SHELLEY PAGE/FREE THE CHILDREN/FOR METRO

One way to make a living

Sopiato scavenged branches and chopped them into pieces. Then she covered the pile in leaves and set it alight, before burying it in dirt.

COURTESY SCOTT RAMSAY

Robb Nash hopes to share inspiring message after accident left him in a coma

Whether it's in a big-city arena or a small rural Canada classroom, Robb Nash is making sure his, "Make today count" message is heard.

Nash, a singer and motivational speaker, was 17 when the car he was in crashed with a semi-truck on an icy road. This serious collision left him in a coma.

"When I woke up, I didn't know who I was, no memory. At first, once my memory came back, I was very bitter about my life, to be honest," said Nash, who grew up in rural Manitoba.

"I was a six-foot-five guy that played every sport, now I was getting bathed by my mom, and that hurt. I was really upset — I didn't wake up enlightened, wanting to change the world."

Nash, who is participating in Winnipeg's We Day Wednesday, said he struggled to make sense of what happened to him, and found meaning when he contacted the driver of the semi-truck.

"Sure enough, no one told him I came back to life and he hadn't driven a vehicle since that day, he was going through all kinds of therapy," he said.

"We talked and I could feel that this guy was set free. I hung up the phone and I got the first taste of what it was like to do something for somebody else, and I was like, 'Man, I want more.'"

Nash has put on hold a successful music career with his band Live On Arrival to visit about 150 schools a year and share his inspirational message.

We Day, he added, offers youth the chance to come together and listen to powerful messages that they can then take back to their home communities.

BERNICE PONTANILLA/METRO

BERNICE PONTANILLA/METRO

Education helps you manifest your destiny, Maasai man teaches suburban teen

It was the summer of 2011, and I was 16 years old when my outlook on life took a turn.

I found myself in Kenya for three weeks with Free the Children, and our mission was simple: Help build a school for the children who lived in the rural region of the Maasai Mara.

Our Maasai guide, whose English name was Steven, caught me alone with my thoughts as the sun set. What began as an earnest conversation about our respective lives turned into an image I've carried with me ever since.

Steven told me that life is a lottery; a game of chance. The situation a person is born into is a matter of luck, and destiny has nothing to do with it.

Steven talked about the control we must exert over our lives and that destiny plays no part in the outcome. His dream was to get an education, so he could become more than a cattle herder — the traditional role of a Maasai man. The point: Whether it is rural Kenya or the suburbs of Toronto, an education opens us up to a larger world than the one we were born into.

And that gives us the power to choose the life we want to lead. My conversation with Steven left me with many thoughts, but one prevailing theme: Although where we find ourselves at birth may be a matter of chance, an education puts us on our life's path.

DEVIN JONES, ME TO WE VOLUNTEER IN KENYA

CONTRIBUTED

Gratitude learned through carrying water

It usually happens when I turn on the tap. As the water comes out, so do memories of my three overseas trips with Me to We.

This year was Ghana. I was there to help build a school. It was amazing to watch mothers and women of the Assemkow community continuously walk back and forth with huge pans of water on their heads.

I tried carrying just a small one and it was so difficult. I don't know how they do it so easily, let alone with no hands. To think that the water they are carrying is not even clean really got to me. They go through all this work to have access to dirty water for drinking, bathing, and doing laundry, yet back at home I simply turn on the tap and clean water comes rushing out.

It was actually too much water that created a challenge in Assemkow. Free the Children already had two buildings up. The community already had two kindergarten classes, but they were not running because a storm had ripped off the roof of the building, so they had no choice but to shut it down. We helped get that roof up and the school running in no time, but it was mostly the community that made it happen.

I am now more cautious about everything I do and waste as little as possible. Overall, the trip has inspired me to save water and to be way more grateful with all I have.

MADISON JAMESON, ME TO WE VOLUNTEER IN GHANA

CONTRIBUTED

Ouch! Banksy disses our architecture in rejected World Trade Center op-ed

Street graffiti artist Banksy caused an uproar in the blogosphere on Monday when he wrote that the new World Trade Center is so bland, "it looks like something they would build in Canada."

He also shocked residents in New York by stating that the building is such a disaster that everyone who lost their lives on Sept. 11, 2001, could view this as a betrayal and an indication that "the terrorists won."

A posting on Banksy's website says the comments were contained in an op-ed piece he submitted to the New York Times and that the newspaper refused to print it.

Eileen Murphy, spokesperson for the New York Times, told the Metro newspaper in New York that "He did submit an op-ed and art. We couldn't agree on either the piece or the art, so we rejected it."

Murphy added, "What he has posted on his site is not exactly the same as what he submitted."

Banksy wrote the new World Trade Center is "like something they would build in Canada." THE ASSOCIATED PRESS

However, United Kingdom-based Banksy posted the piece on his website, imagining how it would look with a mock-up of the New York Times's distinctive type and logo. TORSTAR NEWS SERVICE

Apple co-founder

Boyhood home of Steve Jobs now historic property

The Silicon Valley home where Apple co-founder Steve Jobs grew up and built some of his first computers is now on the city's list of historic properties.

The historical commission in Los Altos, Calif., voted unanimously for the historic designation.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.51¢ (-0.23¢)

TSX 13,440.61 (+68.77)

OIL $98.20 US (-48¢)

GOLD $1,345.50 US (-$6.70)

Natural gas: $3.64 US (-2¢)
Dow Jones: 15,680.35 (+111.42)

Rumour has it Nordstrom will take over the Sears space in Toronto's Eaton Centre. The flagship is one of five department stores Sears is getting rid of amid turnaround efforts. FRANK GUNN/THE CANADIAN PRESS

Struggling Sears shuts more stores

End of an era.

Department store is off-loading five outlets, including its flagship in Toronto's Eaton Centre

A new round of store closures by Sears Canada, which includes its flagship location in Toronto's Eaton Centre, has raised questions about the company's turnaround strategy and which American retailer will claim that coveted spot.

Sears said Tuesday it was selling the leases on five department stores, in a $400-million deal, which comes as the company pushes ahead with a broader effort to revamp its operations that will also see about 1,200 employees lose their jobs.

Let the guessing begin

"Nordstrom would be highly interested in (the Toronto Eaton Centre location)."

John Crombie, senior managing director of national retail services at Cushman and Wakefield, expects the U.S. high-end retailer will set up shop in downtown Toronto as it begins to enter the Canadian market.

The transactions amount to the biggest sale of leases since the company began to shed assets and cut jobs in an effort to revitalize its struggling operations amid intense competition.

Under the agreements, store leases for Sears locations at Sherway Gardens in Toronto, the Markville Shopping Centre in Markham, Ont., London-Masonville Place in London, Ont., and Richmond Centre in Richmond, B.C., will also be sold back to mall operator Cadillac Fairview and its partners.

THE CANADIAN PRESS

Team USA's clothing made in the U.S. this time

Team USA will now wear the Made in the USA label. Every article of clothing made by Ralph Lauren for the U.S. Winter Olympic athletes in Sochi, including their opening- and closing-ceremony uniforms and their Olympic Village gear, has been made by domestic craftsman and manufacturers.

During the 2012 games in London, it was a flashpoint in the media and among Washington politicians that much of the U.S. apparel was made overseas, especially in China.

Ralph Lauren Corp., which has been making most of the athletes' clothes since 2008 when it took over from Canadian clothier Roots, got the message.

"We have worked incredibly hard as a company to go across America to find the best partners to help us produce the Olympic uniforms," said David Lauren, the company's executive vice-president of advertising, marketing and corporate communications.

They used more than 40 vendors, from ranchers in the rural West to yarn spinners in Pennsylvania to sewers in New York's Garment District for the closing-ceremony outfits unveiled Tuesday. The ensemble includes a navy peacoat with a red stripe, a classic ski sweater with a reindeer motif and a hand-sewn American flag, and a tasselled chunky-knit hat.

Moving production to the U.S. was difficult, as it was hard to come by facilities that could create the quantity and quality needed for the Olympic uniforms and the versions that will be sold to the public, Lauren said.

THE ASSOCIATED PRESS

DON'T BELIEVE EVERYTHING YOU THINK

JUST SAYIN'

Paul Sullivan
metronews.ca

Gather round, children and I will tell you a very scary story.

Come closer to the fire — it is cold and dark all around us and these … revelations … will make your skin crawl:

A new poll from Insights West shows that British Columbians are haunted by ghosts and spirits.

Sixty per cent believe in the afterlife and 48 per cent believe in ghosts. And if that's not spooky enough, 54 per cent believe in angels while 37 per cent believe in the devil.

Nearly 20 per cent claim to have been haunted. And we're not talking about what they did at last night's Halloween party.

If you think British Columbians are just whacked out on B.C. bud, that could be. But this poll is not so different from other surveys, including a recent one by the Huffington Post in which 64 per cent believed in the afterlife and 45 per cent in ghosts. A just-published U.K. survey found an even higher number of Brits, 52 per cent of those polled, believes in ghosts. That could be explained by the fact that the poll was taken by the "Association for the Scientific Study of Anomalous Phenomena (ASSAP)." ASSAP president Lionel Fanthorpe believes that King Arthur was an alien who came to Earth to save us from other alien invaders.

Monty Python lives.

Despite the overwhelming evidence, I'm having trouble convincing myself that every second person reading this column really believes in ghosts. Not to mention the 60 plus per cent who believe in angels, or the one in four who dance with the devil.

Of course, there is not a single shred of scientific evidence supporting these beliefs. The Higgs Boson, that elusive elementary particle, may have been an article of faith among physicists for more than a century. But now that there's data confirming its existence, we can believe in it. The jury is still (and always will be) out on the ghost of uncle Harry.

Apparently, we haven't advanced much beyond the Dark Ages when everyone was addled by spirits and ghosts, angels and devils. In fact, you could make a convincing argument that at least half of us are still comfortably ensconced in the sixth century. Well, maybe not so comfortable. The castle is drafty and this wool jerkin itches like the, um, devil.

All this mumbo jumbo persists despite modern detecting equipment that can listen to the background hum of the big bang, find a galaxy more than 13 billion light years away, and track the path of an electron. There's nothing there people. No ghosts, no angels, no alien Arthurians.

Of course, nothing I say will make any difference. People are more likely to believe in Beelzebub than in common sense. Common sense is no fun.

But I'll tell you one little secret, children. Trolls are real. Just check out the comment trail on this column in a couple of days if you don't believe me. Bwa-ha-ha.

ZOOM

Superstorm Sandy, 1 year later

MARK LENNIHAN/THE ASSOCIATED PRESS

N.Y. marks triumph over damage done

Tom Hammill places an American flag at a building site in the Breezy Point neighbourhood in the Queens borough of New York on Tuesday, a year after Superstorm Sandy struck. A firestorm spread across the beachfront neighbourhood during the storm, burning more than 100 homes, including Hammill's. Behind him are homes that are being rebuilt.

To mark Tuesday's anniversary, residents of coastal neighbourhoods in New York and New Jersey that suffered some of the worst flooding are honouring that terrible day in ways both public and private.

On Staten Island, residents will light candles by the stretch of waterfront closest to their homes at 7:45 p.m. in a "Light the Shore" vigil. Along the Jersey Shore, people plan to shine flashlights in a symbolic triumph over the darkness that Sandy brought.

THE ASSOCIATED PRESS

One of the worst storms

- The storm was blamed for at least 181 deaths in the U.S. — including 68 in New York and 71 in New Jersey.
- In New York City the storm surge hit nearly 14 feet, swamping the city's subway.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

JOANNA BOURNE/FLICKR

Braingasm, despite the obnoxious nickname, is not the latest sex toy or coital craze, but a real* phenomenon taking over YouTube channels, sub-Reddits and radio stations across the web. Despite relatively few people actually having Autonomous Sensory Meridian Response, the sound-induced tingles that start in your head and slither down your spine, ASMR has made its mark online. For those who don't have it — and if you have to wonder, you don't — watching videos of pretty girls whisper as they caress hair brush bristles might make you feel like a creep. But hey, at least now you'll know what everyone's talking about.

*Debatable. Science is still trying to figure it all out

GentleWhispering:

While not necessarily the Original Gangsta of ASMR, GentleWhispering is one of the most prolific. The blond, Eastern European whisperer has racked up more than 3.5 million views on one video alone.

Reddit:

r/ASMR is a safe for work hub of ASMR videos and discussion.

Note, redditors are not to post ASMR-like videos, so keep the music videos out, Songza playlists (yes, there is an ASMR Songza list, which does not impress the ASMR purists), etc. off the boards.

Asmr.fm:

Community of ASMRers and ASMR'tists to share a wide range (hint, hint) of ASMR videos.

Twitter

@metropicks asked: A cellphone stopped a bullet that was fired at a store clerk. What do you wish your smartphone could save you from?

@MLHS_Mike: crippling self doubt? I think the new iOS update has something for that.

@Canucklehead_ca: Duck-face selfies. *sigh*

@Dennis2ride: our politicians

@Dennis2ride: MY BILLS

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In Focus

McAdams' career in a temporal loop

IN FOCUS
Richard Crouse
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When British author H.G. Wells created the term "time machine" way back in 1895, he could never have imagined the lasting impact his ideas of fourth dimension travel would have on the career of Rachel McAdams.

His book, The Time Machine, has been filmed twice for the big screen, but the ideas of shifting ripples of time have also inspired three very different movies starring the London, Ont., born actress.

This weekend she co-stars with Domhnall Gleeson and Bill Nighy in About Time as the present day girlfriend of a 21-year-old who uses his ability to switch time zones to learn information to woo her.

"I know I have a little bit of time travel in my past but this is different," McAdams says. "The element of time travel thrown in was unique and quirky and dealt with lightly."

Previously the Mean Girls star appeared as Clare Abshire in The Time Traveler's Wife, starring opposite Eric Bana playing a Chicago librarian with a genetic disorder known as Chrono-Displacement that causes him to involuntarily travel through time.

From the outset their relationship is a strange one. When they first meet she has known him since she was six years old, but because his syndrome flips him to random times in his life on an ever shifting timeline he is always meeting her for the first time. Confused? Not as confused as Clare, who tries to build a life with Henry even though his ailment keeps them apart.

Based on a best-selling novel, it's a three-hankie story about love with no boundaries and how romance can transcend everything, even death.

In Woody Allen's Midnight in Paris it's Owen Wilson who jumps through time — finding himself transported back to 1920s Paris and hanging with F. Scott and Zelda Fitzgerald (Tom Hiddleston and Alison Pill), seeing Cole Porter sing at a party, drinking with Hemmingway — while McAdams stays put, bringing him back to reality, as his irritating present-day fiancée Inez.

But what about actual time travel? When she was asked by AOL if there was anything she would go back in time and change in real life, McAdams said, "I was a figure skater, so I would take back a lot of fashion choices on the ice. A lot of sequins. I would pull back on the sequins a little bit and maybe less blue eye shadow."

Arcade Fire's Haiti-inspired fourth album their most ambitious to date

New music. The highly anticipated disc from the musical innovators doesn't disappoint as the quality is only matched by the ambition of the effort

William Butler and Arcade Fire's new album Reflektor was recently released. ERIC KANYE/THE ASSOCIATED PRESS

It was spring 2011 when Arcade Fire — months from a stunning Grammy Award win for album of the year, which pretty much certified the Montreal band had climbed to the highest of rock's craggy peaks — went down to Haiti and got upstaged.

They were in Cange, a lush remote village positioned on the edge of Lake Peligre. They were there primarily to visit sites where Partners in Health was working to help in the aftermath of 2010's catastrophic earthquake. But they also played a couple shows — mostly tossing off cover songs — as an opener for the rasin (Haitian roots music) band Ram.

And those spirited gigs had a profound effect.

"We played and it was really fun," multi-instrumentalist Will Butler recalls in a recent telephone interview. "And then Ram came out and played and everyone came out and danced and it was this massive party. And it was out of control and amazing — not like, out of control like someone on coke was stabbing someone in the eye with a pen or anything. But out of control like six-year-olds and 95-year-olds were dancing and old ladies on crutches and stuff.

"It was just a real town-wide celebration. And we were like, 'Oh, it would be nice to be able to go to rural Haiti and play a show that people would really dance to.'

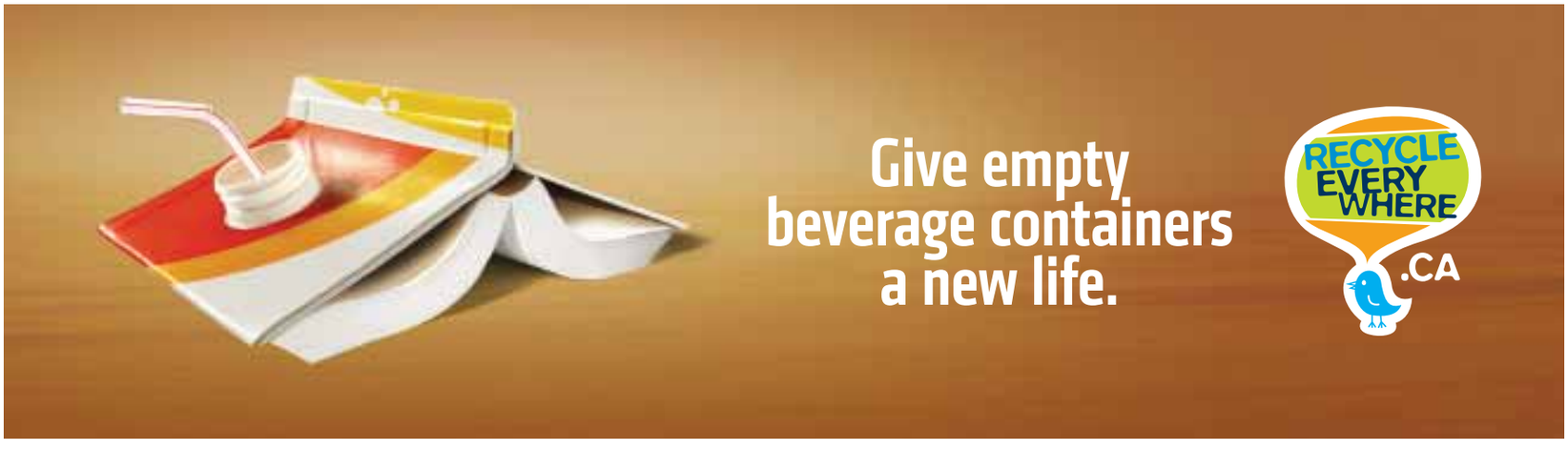
"That definitely set a challenge for us, which we took up on some of the songs," he added. "I want to be able to play this for a roomful of strangers in a different country, who have never heard Arcade Fire, and just have them dance to it."

And so the seeds were planted for Reflektor, the indie innovators' rather transformative, sprawling fourth disc that hit stores yesterday.

In particular, the trip triggered an interest in exploring traditional Haitian rhythms. They listened closely to a range of their rhythms, tasking the drummers with weaving their styles with the propulsive percussion work of New Order's Age of Consent, for instance, or analyzing the different way fills are dispensed.

The scope of what they tried to tackle on Reflektor is hardly surprising — outsized ambition might have always been Arcade Fire's distinguishing quality.

THE CANADIAN PRESS



Chris Brown.

Brown catches a courtroom break

Chris Brown got at least a little good news during his most recent courtroom visit, as a Washington, D.C., judge reduced the felony assault charge against the singer for allegedly punching a man outside a hotel this weekend to a misdemeanor, according to TMZ.

Brown was released from custody and is scheduled to return for a hearing on Nov. 25.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Not a movie: Mr. and Mrs. Smith at war once again

Rumours of marital trouble for Will Smith and Jada Pinkett Smith are cropping up again, with sources telling Radar Online that the stars are living separate lives — and haven't appeared in public together since August. Smith has been in New Orleans for work since mid-September and is expected to be there through next month, while Pinkett Smith has reportedly moved out of the family's home and is living with her brother, Caleb, in Calabasas, California.

Pinkett Smith seemed to be venting a bit at a recent charity event in Baltimore, telling the audience, "When you are going through a storm with your spouse … stop thinking about what you 'believe' a husband or wife should be," according to an attendee.

The Jonas Brothers. ALL PHOTOS GETTY IMAGES

The Jonas Brothers confirm break-up rumours

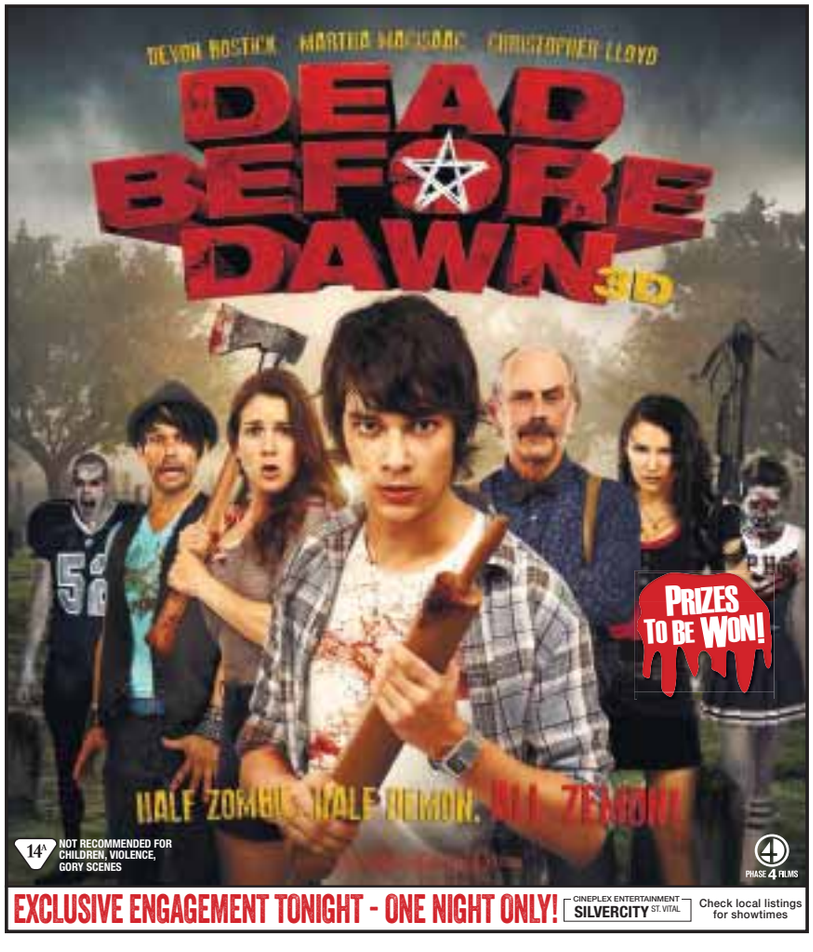
The Jonas Brothers have officially broken up — as a band, not a family — just three weeks after canceling their fall tour due to "a deep rift within the band," the guys announced this week.

"It's over for now," says oldest brother Kevin.

Youngest brother Nick apparently voiced some concerns about the group's future, prompting the discussion that led to the break-up.

"I was feeling kind of trapped," he tells People magazine. "I needed to share my heart with my brothers."

But middle brother Joe says Nick wasn't alone in those feelings. "It was a unanimous decision."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Magens Bay is one of the top beaches in the Caribbean, with beautiful sand and a protected swimming area. Nice bar, too. ALL PHOTOS: JIM BYERS/METRO

Wanna soak up the sun?

Paradise. St. Thomas, U.S. Virgin Islands isn't too popular with Canucks — but with its offerings, it should be

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

This part of the Caribbean doesn't get much attention from Canadians. But it's a fabulous destination with great holiday options.

Doing

You can reach gorgeous Magens Bay beach in less than 10 minutes from the cruise harbour. It's a long stretch nestled at the end of a deep, protected cove. Great for swimming and decent for snorkelling. Charlotte Amalie is a wild shopping town for duty free goods, with peddlers out front of jewelry shops and rum bars jostling for sun-baked tourists. Some shops allow you to bargain. Pretty shops like Laksa sell hand-made jewellery in shops along the cool alleyways in town; much more fun than the joints on Main St.

The views of Charlotte Amalie and the main harbour of St. Thomas are lovely from the Blackbeard's Castle complex.

Tour the hillside Blackbeard's Castle complex, which features gardens and a small fort-like building called the Sky Tower that dates to 1679. Haagensen House is not only a beauty to tour but is home to a few prints of impressionist master Camille Pisarro, who was born and raised here. Coral World features aquariums, a touch pond where kids can feel a starfish and a snuba service, where you can swim underwater for long periods with a breathing tube attached to an air tank on the surface; like scuba without the tank on your back.

Gladys Café is a fun spot in Charlotte Amalie with great local dishes and an array of jet fuel hot sauces for sale.

Sleeping

Blackbeards Castle is a comfortable, low-key spot with great views of Charlotte Amalie's harbour and its multitude of islands. Rooms go from as little as $98 a night, including a continental breakfast, free Wi-Fi and free tours of the Blackbeards Castle complex. All rooms have refrigerators and there's a pool on-site. The nearby Hotel 1829 is fun and a little closer to town but is currently undergoing renovations. Want something a bit more upscale? There's a lovely Ritz Carlton on a 30-acre piece of property in the east end, near the cruise terminal for trips to fabulous St. John. Rooms in November recently listed from $459 a night.

Dining

Just off Main Street, also known as Dronnigens Gade from the days when this was Danish territory, you'll find the superb Gladys Café. Brilliantly coloured local artwork rests on exposed stone walls of a 300-year-old building. The fresh passion fruit juice is amazing and they also serve jerked fish and fine curries. Sample one of the homemade hot sauces and buy a bottle to bring home. The restaurant A Room With a View is in the pretty Bluebeard's Castle hotel complex (so many pirates, so many castles) high on a hill, offering great food and a romantic setting with awesome harbour views.

Drinking

Sure, you can step off your boat and head to Senor Frogs with everyone else, but you really should try something with a bit more colour. Iggies is a funky bar/restaurant right on the beach at Bolongo Bay with a casual vibe. Touristy, but not nearly as bad as the places near the cruise ships. Even prettier is the outdoor bar at Magens Bay Beach, where you can buy rum drinks for a song and watch the young folks on the beach. Or catch the iguanas sunning themselves on the terrace.

Online

- **Visit.** visitusvi.com for more information.

Welcome to Wisconsin, where the 'Door' is always open

Point of view.
Door County juts out into Lake Michigan and boasts some stunning scenery

MEL BORINS
life@metronews.ca

Door County is the name given to a 112-kilometre-long finger of a peninsula that juts out into Lake Michigan just north of the city of Green Bay in the state of Wisconsin. It is an extremely popular vacation area because it has 480 kilometres of scenic coastline made up of a dozen picturesque small fishing villages, five state parks, 19 county parks and 53 Lake Michigan beaches.

There are plenty of things to do any time of year but the area is most popular in the spring, summer and in the colourful fall when the leaves are changing.

Residents of Chicago, Milwaukee, Madison and of course Green Bay use this area as their playground. Fly into Green Bay and drive the hour and a half from the airport to the quaint village of Fish Creek. The Homestead Suites, located at the entrance to Peninsula State Park, offers easy access to all the activities of Door County.

The Door County Trolley offers a narrated scenic tour that helps visitors get an overview of the peninsula and the sites to see. Our dynamic and entertaining driver and tour guide Coach John Burns took us to great views in Peninsula State Park of Horseshoe Island and Eagle Panorama. His narration made the history come alive and it was a good introduction to Door County.

State park and lighthouses

If you are a hiking or biking enthusiast then I recommend visiting Peninsula State Park. Hike Eagle Trail or bike Sunset Trail for unforgettable landscape, 150 foot cliffs and beautiful forests. The park has boating, a beautiful golf course, good swimming, nature programs and campsites.

We also took an informative tour of the still functioning Cana Island Lighthouse, at Bailey's Harbour. One of 11 lighthouses in this county, it was built in 1869 and is still functioning as a beacon to nautical traffic on Lake Michigan.

Cherries, cheese and other cuisine

One of the things Door County is famous for is the cherry industry and it is one of the top cherry producing regions in the U.S. The county is packed with over 2,000 acres of orchards. We visited County Ovens a family owned company that produces Cherry De-lites and a wide range of cherry products made from the Montmorency tart cherry. Orchard Country Winery has some 8,000 trees on 100 acres of land and produces a large variety of wines and juices. You can have some fun sampling the various products from dry to sweet, pure fruit and grape varieties in addition to sparkling and spiced wines.

When I told people I was going to Wisconsin everyone said that they produce great cheese. Since I am lactase disabled I was not able to enjoy the famous cheeses. Cheese is such a big deal in this area that it seemed that almost every food item on the menus of the restaurants I visited seem to be made with cheese. Somehow I didn't starve. I highly recommend eating at the Northern Grill at Sister Bay for fine steak and seafood. A new restaurant, Grasse Grille, which was opened in the past year by owner and chef Jimmy Grasse, served good burgers and sandwiches and was packed when we visited.

Door County is known for its 480 kilometres of scenic coastline.
MEL BORINS/FOR METRO

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On a roll! Tortilla Bites make you the host with the most, sans effort

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Use fresh, different colour large tortillas for this recipe.

If you can only find thin asparagus than use 12 not six.

Want to make these in advance? Roast the asparagus and immediately chill to stop the cooking process. They can be prepared up to a day ahead if wrapped well in plastic wrap and chilled. They're great for a large group of people.

Ingredients

- 6 medium-thick spears of asparagus
- 1/2 cup light (5%) ricotta cheese
- 1/4 cup softened light (25% reduced) cream cheese
- 1 tbsp light mayonnaise
- 2 tbsp chopped green onions
- 2 tbsp fresh lemon juice
- 1/2 tsp minced garlic
- pinch of salt and pepper
- 3 large flour tortillas
- 1 cup baby spinach leaves
- 3 oz sliced smoked salmon

1. Preheat the oven to 425 F (220 C). Place the asparagus on a baking sheet sprayed with vegetable oil. Bake for 8 minutes or just until bright green.

2. In a food processor, or in a bowl using an electric mixer, beat the ricotta, cream cheese, mayonnaise, green onions, lemon juice, garlic, and salt and pepper until smooth.

3. Spread cheese mixture evenly over the tortillas. Scatter the spinach leaves overtop. Place the smoked salmon on top of the spinach. Place 2 spears of the asparagus near the bottom of each tortilla. Roll up tightly, wrap in plastic wrap, and chill.

4. Cut each tortilla on the diagonal into 6 pieces.

Smoked Salmon and Roasted Asparagus Tortilla Bites

This recipe makes 18 servings. ROSE REISMAN

Drink of the Week

Avocado Mezcal Cocktail

- 1 avocado from Mexico, halved, pitted and peeled
- 6 oz (175 ml) white mezcal
- 6 oz (175 ml) lime juice
- 4 oz (125 ml) light agave nectar
- 3 oz (90 ml) Midori
- 2 oz (60 ml) Cointrea
- 2 cups (500 ml) ice
- Garnish: Junior Merino's Cactus & Lemongrass Rimmer and avocado wedges

In a blender, combine all ingredients, except ice. Whirl until combined. Add 2 cups (500 ml) of ice and blend until smooth.

Serve in a glass rimmed with Junior Merino's Cactus & Lemongrass Rimmer.

Garnish with avocado wedge pressed in Junior Merino's Hibiscus Rose Rimmer. **COURTESY OF MISSAVACADO.CA**

Barley alle vongole? Grain replaces spaghetti in this dish

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a small saucepan over medium heat, combine the bread crumbs and 1 teaspoon of the oil. Cook, stirring constantly, until golden brown, about 2 to 3 minutes. Set aside to cool.

2. Meanwhile, in a large saucepan or Dutch oven over medium, heat the remaining 2 tablespoons of oil. Add the onion and fennel, reduce the heat to medium-low and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic and red pepper flakes and cook, stirring, for 1 minute.

3. Add the wine, tomatoes and clams, cover tightly and increase heat to high. Cook for 5 to 7 minutes, checking now and again and transferring the clams as they open to a bowl. Discard any clams that don't open.

4. Add the barley to the clam liquid left in the saucepan and heat over medium, stirring, for 3 minutes. Return the clams to the pan and cook, stirring, until they are heated through. Ladle the mixture into 4 pasta or soup bowls and top each portion with a quarter of the sautéed bread crumbs and parsley.

THE ASSOCIATED PRESS

Ingredients

- 3 tbsp dry bread crumbs, preferably Italian-style
- 2 tbsp plus 1 tsp extra-virgin olive oil, divided
- 1 cup finely chopped yellow onion
- 1 1/2 cups medium chopped fresh fennel
- 1 tbsp minced garlic
- 1 tsp red pepper flakes
- 1/2 cup dry white wine
- 1 1/2 cups cherry tomatoes
- 3 dozen littleneck clams, scrubbed well
- 3 cups cooked pearl barley
- 1/3 cup chopped fresh flat-leaf parsley

Dinner. Spicy Shrimp and Haddock Stew

1. In saucepan over medium-high, heat the olive oil. Add potatoes, onion, garlic, thyme, paprika, red pepper flakes and fennel seeds. Cook, stirring often, until onion is softened, 5 minutes.

2. Add celery, tomatoes (and any juice in can), clam juice and water. Bring to simmer, reduce heat to low and cook 30 minutes, or until the potatoes are tender.

3. Add shrimp and haddock, and increase heat slightly to maintain a simmer. Cook 5 minutes, or just until shrimp are pink and haddock flakes easily. Stir in parsley, dill and lemon juice, season with salt and pepper. THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 2 russet potatoes, diced
- 1 large yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp dried thyme
- 1/2 tsp smoked paprika
- 1/4 tsp each red pepper flakes and fennel seeds, lightly crushed
- 2 stalks celery, chopped
- 15-oz can diced tomatoes
- 8-oz bottle clam juice
- 2 cups water
- 1 lb raw, shelled extra-large shrimp
- 1 lb haddock, cut in chunks
- 1/4 cup chopped fresh parsley
- 1 tbsp chopped fresh dill
- 1 tbsp lemon juice
- Salt and ground black pepper

Of perks and petroleum: an industry that brings you a barrel of options

That career's a real gas. Do you have what it takes to work in this flourishing field?

ELIAS DA SILVA-POWELL
TalentEgg.ca

While there's no one particular set of skills that ensure success in the oil and gas industry, some commonly valued attributes include a good work ethic, positive attitude, teamwork-oriented disposition, a desire to learn and grow, and a high level of adaptability. ISTOCK

Variety is one of the most remarkable qualities offered by careers choices in the oil and gas industry.

There's something for everyone, whether you're beginning your first career or starting a new one. With opportunities for work indoors and outdoors, physical and creative tasks, and even detailed or big-picture work, the oil and gas industry can accommodate every disposition and personality.

Besides variety, there's also opportunity. Petroleum products play a central part in the average person's daily life, which means strong and steady growth in the oil and gas industry is a sure thing.

A little research into the oil and gas industry confirms that the people are what make it all possible.

The big picture

Many roles in the oilsands workforce involve work in the field.

According to the latest report by the Petroleum Human Resources Council, one of the most in-demand positions in the oil and gas industry over the next decade will be the power engineer role, responsible for the safe and efficient operation and maintenance of industrial equipment of in-situ and upgrading operations.

Positions for heavy equipment operators and heavy-duty equipment mechanics (who maintain and repair engines and engine support systems) will also be quite popular.

If you're interested in work that is tangible, applied and hands-on, these positions are a great avenue to consider, as you'll be well-positioned to fulfill a key support role in keeping the oil and gas industry up to speed.

However, it's a common misconception that a career in the oil and gas industry means only one kind of work.

More than one kind of job

The Petroleum Human Resources Council report indicates that the oil and gas industry is on track for steady and significant growth in the next decade and will need more than 30,000 new employees.

This future growth potential creates a field of opportunity for professional roles that you might have overlooked!

While many of these roles are for skilled trades and technical roles one might typically associate with the oil and gas industry, it's important to recognize that work in this field includes opportunities for a diverse range of skillsets.

For example, the report found that there will be significant growth in opportunity for employees in human resources, a field which makes up roughly 15 per cent of the oil sands workforce.

There will also be opportunities for diverse number of careers, like environmental technicians and inspectors, public relations and communications, and supply chain roles in shipping, receiving, management, purchasing and inventory and more.

These fields not only offer different kinds of working environments and responsibilities, they also accommodate different educational backgrounds, which means that finding the right oil and gas career has never been easier.

Though much oil and gas industry growth will take place in the western provinces, there are also opportunities for careers in oil and gas in Ontario, Newfoundland and Labrador, Nova Scotia, Manitoba and Quebec.

This is great news if you're apprehensive about relocation.

A real lifestyle

The oil and gas industry also accommodates a variety of lifestyles. While many positions involve working outdoors, that doesn't mean you'll be leaving all indoor comforts behind. When oil and gas extraction sites are found in remote areas, most workers reside in camps set apart from work locations. A number of these offer gym amenities, coffee shops, satellite television and internet.

Some positions require workers to fly in and out of work sites by helicopter, meaning that your commute to work will always be exciting!

Other work sites are a brief commute from nearby towns and cities, where industry workers have access to shopping centres, entertainment and thriving nightlife.

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Safety drill

It's important to recognize that safety is a key value in the oil and gas industry

- With so many people working in hands-on roles, it's imperative that employers in oil and gas go above and beyond the norm to achieve the highest safety standards.
- Canada's oil and gas industry has an excellent safety reputation worldwide – one backed by a proven track record of excellence ensuring a safe workplace.
- A 2011 study conducted by Work Safe Alberta found that the oil and gas industry has the fewest lost-time claim and injury rates when compared to other labour-intensive fields like construction and transportation.

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Oh the places you'll go in this profession

Would you consider a career in oil and gas? With high demand and growth potential, a career in oil and gas has a lot to offer. Here's a quick introduction to some of the most in-demand jobs in the oil and gas industry:

JESSICA CRUZ
TalentEgg.ca

Petroleum Engineer

Petroleum engineers apply a diverse mix of knowledge from fields including geology, chemistry and engineering sciences in order to extract petroleum. A petroleum engineer could also be called a design engineer, engineer, oil and gas engineer, production engineer or up-stream processing engineer. Specialties range from oil and gas drilling to areas with a specific focus on reservoir management and production.

What are the education and experience requirements?

- Degree in petroleum engineering or a related field.
- Minimum of four years post-secondary education or training (co-op programs usually take five years to complete, but offer an experience advantage).
- Registered petroleum engineer under provincial requirements.

Geophysicist

Geophysicists use physics, math and geology to dig into how the earth is put together. They explore oil, gas, water and minerals using data processing, data interpretation and data selection methods.

Geophysicists work in the same family of geoscientists as geologists, often dividing their time between office and field work.

A geophysicist may also be called an Environmental Geophysicist, Exploration Geophysicist, Mining Geophysicist, Petroleum Exploration Geophysicist or Physical Scientist.

What are the education and experience requirements?

- Four years post-secondary education and training.
- Bachelor of Science degree in geophysics or a related science with courses in geophysics, electronics, physics, chemistry, geology, mathematics or computer science.
- Roles in research require a doctorate.

Trades

Skilled trades professionals working in oil and gas are responsible for various manual labour tasks.

Since these tasks are essential to every project, skilled trades professionals work in a variety of environments. There are ,ore than 200 trades occupations related to a career in the oil and gas industry!

What are the education and experience requirements?

- Educational requirements depend on the province.
- High school diploma recommended.
- Certified Journeyperson status.

In-demand areas of trade specialization: Crane operators, heavy-duty equipment mechanics or technicians, industrial electricians, industrial instrument mechanics, industrial mechanics and millwrights, insulators, machinists, rig technicians, steamfitters and pipefitters, welders.

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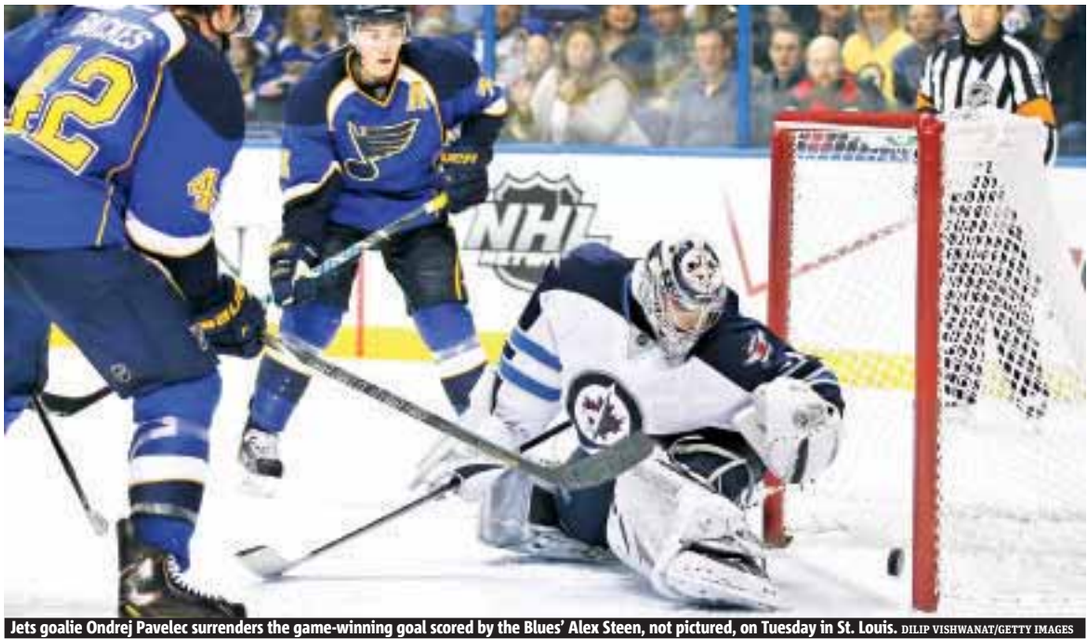

Jets goalie Ondrej Pavelec surrenders the game-winning goal scored by the Blues' Alex Steen, not pictured, on Tuesday in St. Louis. DILIP VISHWANAT/GETTY IMAGES

Blues build head of Steen, blow by Jets

NHL. Winnipeg native scores game-winner in final minute, takes league lead in goals

Alexander Steen scored a power-play goal with 59.4 seconds left to break a tie and Jaroslav Halak made 21 saves to lead the St. Louis Blues to a 3-2 win over the Winnipeg Jets on Tuesday night.

The Blues, who won their second in a row, have recorded points in five successive games. Winnipeg has lost five of six.

On Tuesday

3	2
Blues	Jets

The Jets finish a four-game road trip with a 1-2-1 mark.

The Jets beat St. Louis 4-3 in a seven-round shootout on Oct. 18 in Winnipeg. Halak improved to 7-1-1. He is 5-2 lifetime in seven starts against Winnipeg.

Brenden Morrow and Alex Pietrangelo also scored for the Blues, who improved to 5-1-1 at home. Bryan Little and Blake Wheeler tallied for the Jets.

Steen scored his league-leading 11th goal off a pass from Jay Bouwmeester. Steen has goals in each of his last five games.

The Blues jumped in front 1-0 on Morrow's goal early in the first period off the rebound of a shot by Ryan Reaves.

Winnipeg tied the game on the goal by Wheeler at 11:20 of the first period. The Jets broke an 0-for-26 power-play drought with the two-man advantage. Wheeler converted on a rebound of a shot by Ladd for the Jets first power-play goal in nine games.

Pietrangelo wristed a shot behind goalie Ondrej Pavelec at 4:16 of the final period to give the Blues a 2-1 cushion. It was Pietrangelo's second goal of the season and only his 31st in 234 games covering six seasons.

Little tied the game 2-2 at 10:27 of the third period with a shorthanded goal. He tipped in a pass from Andrew Ladd, who finished with two assists. THE ASSOCIATED PRESS

Penn State scandal

Paterno family seeks reversal of NCAA sanctions

A hearing on a lawsuit filed by the family of longtime Penn State football coach Joe Paterno began Tuesday as his relatives seek to reverse the NCAA's penalties against the school over the Jerry Sandusky child sex abuse scandal.

The Paterno family contends the NCAA violated its own rules in imposing the sanctions, which resulted in, among other things, Paterno no longer being officially recognized as the Division I coach with the most wins, at 409. THE ASSOCIATED PRESS

NBA

George, Hibbert steer Pacers past Magic in opener

Paul George scored 24 points, and Roy Hibbert added 16 rebounds and seven blocks, leading the Indiana Pacers to a 97-87 victory over the Orlando Magic on Tuesday night.

The two-man tandem looked every bit as dominant in the season opener as they did leading the Pacers (1-0) to the Eastern Conference finals last season.

George's buzzer-beating three-pointer at the end of the third quarter gave Indiana a 69-64 lead and sparked the decisive 17-4 run to open the fourth. THE ASSOCIATED PRESS

Go to metronews.ca for more coverage of NBA Opening Night, including Chicago at Miami and Clippers at Lakers.

Canadiens dim Stars for 3rd win in 4 games

The Canadiens' Alex Galchenyuk gets off a shot on net against Stars goalie Kari Lehtonen on Tuesday night in Montreal. RICHARD WOLOWICZ/GETTY IMAGES

Rene Bourque scored in the second period and Carey Price made 26 saves as the Montreal Canadiens downed the Dallas Stars 2-1 on Tuesday night.

Michael Bournival also scored for Montreal (8-5-0), which has won three of its last four games.

Cody Eakin replied for Dallas (5-6-1), which remained last in the Central Division.

Dallas outshot the Canadiens 27-24.

Both teams had played the night before, with Montreal winning 2-0 in New York and the Stars taking a 4-3 decision in coach Lindy Ruff's return to Buffalo. Neither side had a lot of energy.

On Tuesday

2	1
Canadiens	Stars

The Canadiens struck first as Raphael Diaz lofted a wrist shot from the point to the far post that Bournival tipped off defenceman Stephane Robidas and past Kari Lehtonen at 12:02 of the first. The rookie Bournival has three goals and four assists in his last seven games.

Bourque put in a Diaz rebound 12:55 into the middle frame.

Dallas struck back when Eakin used P.K. Subban as a screen and fooled Price with a medium-speed wrist shot from outside the circles at 17:27. THE CANADIAN PRESS

Swinging for the fences and a championship

Hot bat. Big Papi enters Game 6 hitting .773, on the brink of clinching World Series

The banner hangs from a light pole on the sidewalk outside Fenway Park.

It's a profile of David Ortiz with that infectious smile and the words "OCTOBER BASEBALL" beneath it.

He is, literally, the face of the Red Sox franchise.

This is, once again, his time of year.

"I don't think you could ever ask for more out of an individual than what he does on and off the field," Boston ace Jon Lester said. "The guy's got a heart of gold."

And a bat that keeps smacking balls past fielders and over fences.

One win from his third championship in 10 years, Ortiz will take a .733 World Series batting average into Game 6 on Wednesday night against the St. Louis Cardinals. Only Billy Hatcher did better in a single series, .750 in 1990 for the Cincinnati Reds when they swept the Oakland Athletics.

But such World Series displays are nothing new to the only player left from the team that won the Red Sox their first championship in 86 years.

Oritz has one-third of Boston's hits against the Cardinals. The rest of the team is batting a lowly .151. MATT SLOCUM/THE ASSOCIATED PRESS

St. Louis saw that on Ortiz's first at-bat of the 2004 Series when he hit a three-run homer in Boston's 11-9 win. He batted .308 in a four-game sweep.

The Colorado Rockies saw it in 2007 when he went 3 for 5 in a 13-1 rout in Game 1. That time, he hit .333 in another sweep.

Now, he enters the potential clincher with 11 hits in 15 at-bats in this Series. He has two homers, two doubles, six RBIs, five runs and four walks.

Ortiz has one-third of Boston's hits against St. Louis, while the rest of the Red Sox are batting .151.

"I was born for this," he said. "We've got the best baseball fans and we enjoy this. Hopefully, this will get over tomorrow and they'll get to enjoy it like they always do. Party time."

THE ASSOCIATED PRESS

NHL

Kobasew joins other Pens players on injured list

Pittsburgh Penguins forward Chuck Kobasew is out for at least three weeks with a lower body injury.

Coach Dan Bylsma says Kobasew was hurt in the first period of Monday's 3-1 win over the Carolina Hurricanes.

Kobasew's injury came one game after the Penguins lost defenceman Rob Scuderi with an ankle injury that will require surgery.

The Penguins are already playing without forward James Neal (upper body), forward Beau Bennett (undisclosed injury) and goaltender Tomas Vokoun. Vokoun is out until at least January while he recovers from a blood clot.

Pittsburgh forward Brandon Sutter did not practice on Tuesday. His status for Wednesday's game against Boston is unclear. THE ASSOCIATED PRESS

NHL

Flames captain out with broken ankle

Calgary captain and No. 1 defenceman Mark Giordano is out six to eight weeks with a broken ankle. He took a shot off the right ankle in the second period of a road game against the L.A. Kings on Oct. 21.

"It's brutal," Giordano said. "You don't want to miss any time, but if you have to you're hoping it's something not as significant as that time frame."

THE CANADIAN PRESS

Calgary Flames captain Mark Giordano.
JEFF MCINTOSH/THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	12	8	4	0	40	30	16
Tampa Bay	12	8	4	0	40	33	16
Boston	10	7	3	0	30	17	14
Montreal	12	7	5	0	35	22	14
Detroit	12	6	4	2	27	33	14
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	14	2	11	1	23	41	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	12	8	4	0	38	29	16
N.Y. Islanders	12	4	5	3	37	39	11
Carolina	12	4	5	3	26	36	11
Columbus	11	5	6	0	31	29	10
Washington	12	5	7	0	34	38	10
New Jersey	12	3	5	4	26	37	10
N.Y. Rangers	11	4	7	0	18	37	8
Philadelphia	11	3	8	0	20	30	6

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	12	7	2	3	39	33	17
Minnesota	13	6	4	3	30	31	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	11	5	5	1	30	34	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	13	10	3	0	42	33	20
Vancouver	14	9	4	1	41	39	19
Los Angeles	12	8	4	0	35	30	16
Phoenix	12	7	3	2	40	39	16
Calgary	11	5	4	2	34	39	12
Edmonton	13	3	8	2	36	50	8

Note: Two points for a win, one point for an overtime/shootout loss.

Tuesday's results
Anaheim 3 Philadelphia 2
Montreal 2 Dallas 1
New Jersey 2 Tampa Bay 1
N.Y. Rangers 3 N.Y. Islanders 2
Ottawa at Chicago
Winnipeg at St. Louis
Toronto at Edmonton
Los Angeles at Phoenix
Monday's results
Chicago 5 Minnesota 1
Dallas 4 Buffalo 3
Montreal 2 N.Y. Rangers 0
Pittsburgh 3 Carolina 1
Vancouver 3 Washington 2
Wednesday's games
All Times Eastern
Toronto at Calgary, 8 p.m.
Boston at Pittsburgh, 8 p.m.
Detroit at Vancouver, 10:30 p.m.
San Jose at Los Angeles, 10:30 p.m.

NBA

REGULAR SEASON

Tuesday's results
Indiana 97 Orlando 87
Chicago at Miami
L.A. Clippers at L.A. Lakers
Wednesday's games — All Times Eastern
Miami at Philadelphia, 7 p.m.
Brooklyn at Cleveland, 7 p.m.
Boston at Toronto, 7 p.m.
Milwaukee at New York, 7:30 p.m.
Washington at Detroit, 7:30 p.m.
Charlotte at Houston, 8 p.m.
Indiana at New Orleans, 8 p.m.
Orlando at Minnesota, 8 p.m.
Atlanta at Dallas, 8:30 p.m.
Memphis at San Antonio, 8:30 p.m.
Oklahoma City at Utah, 9 p.m.
Portland at Phoenix, 10 p.m.
Denver at Sacramento, 10 p.m.
L.A. Lakers at Golden State, 10:30 p.m.

MLS

PLAYOFFS

KNOCKOUT ROUND
(single-game elimination)
WESTERN CONFERENCE
Wednesday's game — All Times Eastern
Colorado at Seattle, 10:30 p.m.
EASTERN CONFERENCE
Thursday's game
Montreal at Houston, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.
y — clinched division.
Friday's games — All Times Eastern
Montreal at Toronto, 7 p.m.
Calgary at B.C., 10 p.m.
Saturday's games
Hamilton at Winnipeg, 2 p.m.
Edmonton at Saskatchewan, 5 p.m.
(End of Regular Season)

NFL

WEEK NINE

Thursday's game — All Times Eastern
Cincinnati at Miami, 8:25 p.m.
Sunday, November 3
New Orleans at N.Y. Jets, 1 p.m.
Tennessee at St. Louis, 1 p.m.
San Diego at Washington, 1 p.m.
Kansas City at Buffalo, 1 p.m.
Minnesota at Dallas, 1 p.m.
Atlanta at Carolina, 1 p.m.
Philadelphia at Oakland, 4:05 p.m.
Tampa Bay at Seattle, 4:05 p.m.
Pittsburgh at New England, 4:25 p.m.
Baltimore at Cleveland, 4:25 p.m.
Indianapolis at Houston, 8:30 p.m.
Monday, November 4
Chicago at Green Bay, 8:40 p.m.

MLB PLAYOFFS

WORLD SERIES

(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Boston leads series 3-2)
Monday's result — Boston 3 St. Louis 1
Wednesday's game — All Times Eastern
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

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DRIVE 5

The 2014 Kia Forte

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Kia Forte

- **Type.** Four-door, front-wheel-drive mid-size sedan
- **Engines (hp).** 2.0-litre DOHC I4 (173); 1.6-litre DOHC I4, (201)
- **Transmissions.** Six-speed manual (std.1.6); six-speed automatic (std. 2.0, opt. 1.6)
- **Base price (incl. destination)** $21,500

Design

Kia's design team, headed by ace shape-maker Peter Schreyer, has added to the wagon's aggressive nature by reducing the rear body overhang several centimetres, while pushing the left and right wheels as far apart as possible. The overall effect is that of an attractive Euro-style sport wagon.

Luxury class extras

In addition to the more commonplace power-operated sunroof and touch-screen navigation system, you can order leather-covered seats with front and rear cooling and ventilation, a 10-way power driver's seat with memory presets, a heated steering wheel and high-intensity discharge headlights.

Review. Quality Korean export goes way beyond simply being practical

MALCOLM GUNN
wheelbasemedia.com

Small cars such as the Kia Forte are at their best when they are shaped in the most practical body style possible. Not everyone subscribes to this postulation, which is why Kia and other automakers make sedan as well as hatchback or wagon versions of their compact automobiles.

For maximizing a minimal amount of space, especially with the rear seats folded down, the Kia Forte5 can literally work wonders by providing more passenger and cargo room than its sedan relation.

The front-wheel-drive compact wagon also does it with more style, beginning with the front end where an aggressive-looking open-mouth nosepiece replaces the Forte sedan's more traditional grille, which is different again from the 2014 Forte Koup.

As well, the wagon has been given a suspension setup that's tuned for sportier handling.

The Forte5's interior isn't quite as dramatic, but at least the dashboard and control panel appear intelligently laid-out, including large and easy-to-read gauges plus a generously sized display screen for the optional navigation system.

For passengers, especially those in the rear seat, the wagon's five-centimetre stretch between the front and rear wheels provides some extra legroom.

Adding to the sport-wagon theme is a pair of stout little powerplants.

The starting-point EX runs with a 2.0-litre four-cylinder that produces 173 horsepower and 154 pound-feet of torque. The sportier side of the Forte5's demeanor is demonstrated with the up-level SX's turbo-charged 1.6-litre four-cylinder that pumps out 201 horsepower and 195 pound-feet of torque. Both engines use direct injection, whereby fuel is sprayed directly into the cylinders under extremely high pressure and not through the intake manifold.

Most automakers are adopting direct injection as a way to increase power (important on small-displacement engines) while reducing fuel consumption and curbing emissions.

Kia (and its Hyundai parent) has so far resisted the growing shift to continuously variable transmissions that appears to be spreading throughout the industry.

A traditional six-speed automatic is your only choice with the 2.0, while the turbo 1.6 can be ordered with a six-speed manual gearbox as well as an available six-speed automatic.

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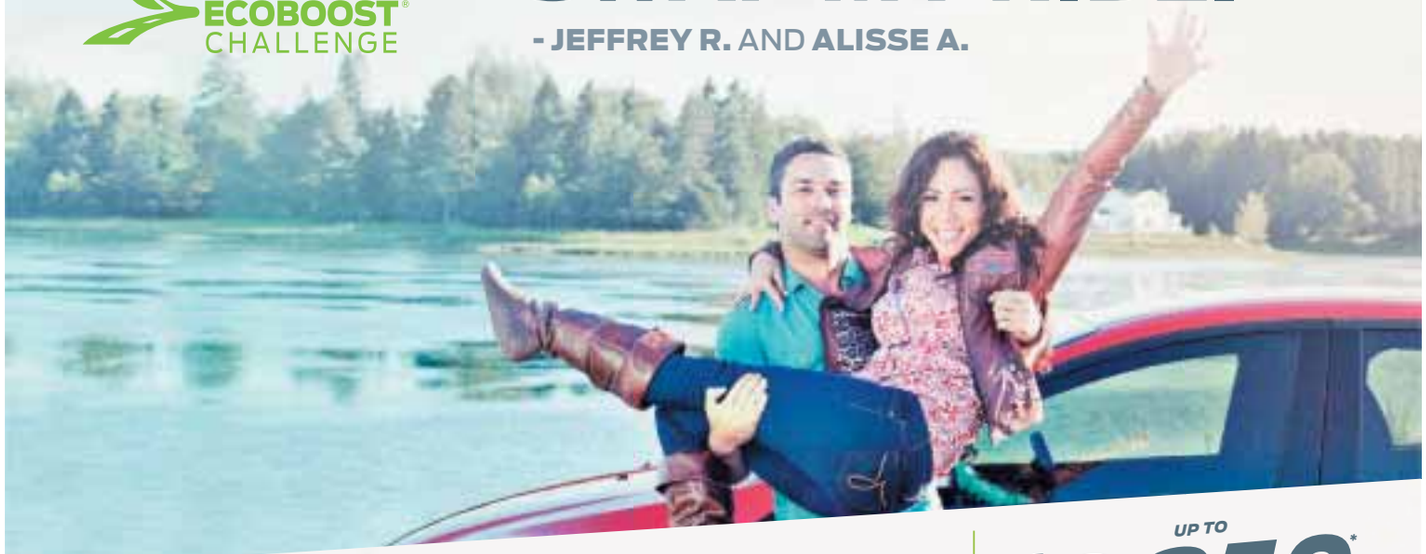

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Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/ $416.66/ $347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. ± Until October 31, 2013, lease a new 2013 Ford [Edge (excluding SE)] for up to 36 months, Focus (excluding BEV) and 2014 [Fiesta, Escape] for up to 48 months and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR. Lease 2013 Edge SEL AWD 3.5L V6 with an optional buyout of $31,240 for $610.00 and $0 down or equivalent trade in, monthly payment $466.67/ $400.00. Total lease cost is $16,800/ $14,400. Lease 2013 Escape S FWD 2.5L I-4 with an optional buyout of $13,200 for $299.00 and $0 down or equivalent trade in, monthly payment $246.67/ $200.00. Total lease cost is $8,880/ $7,200. Lease 2013 Focus SE Sport 2.0L I-4 with an optional buyout of $12,240 for $310.00 and $0 down or equivalent trade in, monthly payment $256.67/ $210.00. Total lease cost is $9,240/ $7,560. Lease 2013 Mustang, Taurus, Taurus X, Edge, Flex, Explorer, F-Series, MKS, MKX, MK2, MKT and Transit Connect; 20cper km for Expedition and Navigator plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. *Purchase a new 2013 [Focus SE Sport/Fusion S] [2014 [Escape S FWD 2.5L] for [$17,249/$20,999]/[$22,499] [after Total Manufacturer Rebate of [$500/$3]/[$500] deducted]. Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers exclude freight and air tax ($1,700), license, fuel fill charge, insurance, dealer PDI (except in Quebec), PPSA (if financed or leased), administration fees, any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. ^ Until December 2, 2013, receive [0.99%/3.99%]/[2.49%] APR purchase financing on new 2013 [Focus SE Sport/Fusion S]/2014 [Escape S FWD 2.5L] models for up to [84/84]/[72] months to qualified customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for [$17,249/$20,999]/[$22,499] purchase financed at [0.99%/3.99%]/[2.49%] APR for [84/84]/[84 months with [$0/$3]/[$0] down payment, monthly payment is [$214/$246]/[$268] and delivery allowance of [$500/$0]/[$500]]. The sum of Twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of [$99/$132]/[$135], interest cost of borrowing is [$566/$3,025]/[$2,017] for APR of [0.99%/3.99%]/[2.49%] and total to be repaid is [$17,815/$24,024]/[$24,517]. 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Offer includes four (4) all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Consult your Ford of Canada dealer for details including applicable warranty coverage. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Tricks and tips. How to winterize your driving and car for a safe start

Driving can be dangerous during harsh winter weather if your vehicle isn't properly prepared. To make sure you and your vehicle are ready for the season, Goodyear Canada has some useful tips to get you to your destination safely:

Service your vehicle
Make sure you have enough antifreeze and windshield wiper fluid. For a correct amount of antifreeze to withstand the winter temperatures, a 50/50 mix of antifreeze to water is sufficient. You can go through windshield wiper fluid in one snowstorm, so be sure to completely fill your vehicle's reservoir before the first snowfall hits.

Practice makes perfect
It's important to be alert when driving on snow-covered roadways because winter hazards make it difficult to handle your vehicle.

Inflation is essential
Keep in mind that when the temperature drops, the air pressure in your tires also decreases. Proper tire inflation is essential for vehicle stability, fuel efficiency, optimum steering, grip, wear and load-carrying capabilities.

Easy does it
Remember to stay extra cautious of other vehicles when driving. Make sure you leave at least three times more space than usual between your vehicle and the one in front of you. NEWS CANADA

Proper tire inflation is essential for grip and wear. ISTOCK

KIA cars

Winter-ready cars made to weather Canada's cold

Imagine being able to buy a vehicle already kitted-out for a Canadian winter.

KIA recently launched a new series of special edition winter-ready packages for three of its models; the Forte compact sedan, Sorento SUV and Rondo UUV.

All three already come with heated front seats, heated mirrors and windshield wiper de-icer, but the winter-ready trim package will include things like remote starters, winter floor mats, heated rear seats and steering wheels, and winter tires. METRO

Seasons change — so should your tires

Winter driving conditions can be hazardous — from snow storms to black ice — so it's best to gear up with the proper tires, experts say. ISTOCK

Maximum control.
It's the quality of your tires that contributes the most to just how much traction your car really has

Car experts agree that when the seasons change — and the temperatures dip — drivers should also be thinking of an important switchover on their vehicles.

Despite motorists all across the country reminding themselves about replacing ice scrapers and snow brushes in their car trunks, there are still a large number of Canadians unsure of the benefits of winter tires for their vehicles.

The experts, however, concur — winter tires are highly recommended.

"This time of year serves as an annual checkpoint and reminder for the importance of having proper winter tires on your vehicle," says Ian MacDonald, director of marketing at autoTRADER.ca.

"Too many fender benders and accidents are preventable for want of proper tires. It's an investment that pays off in peace of mind — knowing your vehicle can perform better despite the conditions," he says, adding that winter tires are a must-have for a number of scientific reasons.

Specialized for the season
Winter tires are made from rubber that has been specially engineered to maintain its elasticity in colder weather — which means they'll cut through ice and snow, gripping the road much better than summer or even all season tires could ever hope to. Specialized tread also works to give drivers maximum control despite the weather.

Tech will only take you so far
While features that have become commonplace on many vehicles, such as Anti-Lock Brake Systems (ABS), four-wheel drive and traction control, are designed to help keep your car under control, they don't necessarily help it get more grip. It's the quality of your tires that contributes the most to just how much traction your car really has, and winter tires give you the lion's share of it.

A strategic purchase
While the initial financial investment in winter tires may make you want to put it off (as much as $500, depending on the brand, including winter rims), swapping your winters for your all-seasons and back again as the weather changes means having to think less about needing new tires in general. NEWS CANADA

Always be prepared

It's important to be prepared in case something goes wrong and that includes a well-equipped emergency kit. What items should you include?

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- A blanket, gloves, and additional warm clothing
- Flashlight and batteries
- Tire gauge and jumper cables
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– Nadine Filion, *Le Guide de l'Auto*

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Best Global Green Brand 2013 Interbrand

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KIA

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Even life in the eco-fast lane could lead to an auto rebound

More drivers on the road. Congestion and fuel costs might slow things down a bit, but Canadians are still driving more

AUTO PILOT
Mike Goetz
drive@metronews.ca

For hockey goalies and their defensemen, controlling rebounds can be the difference between registering a shut out and being on the ugly end of a blow out.

Controlling rebounds is also part of the automotive environmental game, because every time there is an advance in this area there is a "rebound effect" to consider.

Basically it's a case of, if the technology makes driving cheaper and/or less of a guilt trip, then drivers will drive more.

It's a conundrum we've faced many times. Calorie-reduced or fat-reduced snack-food is a prime example. What we lose in calories per serving, we make up for in the number of servings. Just for the record, it says on my tube of "reduced fat" Pringles that 28 grams, or approximately 16 chips, is a "serving." I don't think so.

The automotive rebound is going to be particularly interesting to watch, because the reduced fuel costs and emissions come at virtually no expense to the driving experience. In fact, vehicles are getting more awesome. I could go on indefinitely about all the cool cars and features available today, but really just need to point out two items — heated steering wheel, heated and cooled driver's seat — because once your extremities are happy, your mood automatically follows.

We already don't need an excuse to drive more. More people have more places to go and more places to see. And more people want to own and drive vehicles. No surprise if I tell you there is more driving being done every year. A Statistics Canada survey estimated that, during 2009, Canadians drove their cars and light-duty trucks for a combined 293,298.8 million kilometres! In 2005, the number was 277,660.4 million. StatsCan doesn't do the survey any more, but I'm sure the numbers for 2013 would be up and alarming.

And one wonders how much driving we'll be doing in the year 2025, when cars are legislated to be more than 35 per cent fuel efficient than they are today? In 2010 the sales-weighted fuel economy average of new passenger cars was 7.9 L/100 km. According to Environment Canada, the emission regulations will push that weighted average to 6.0 L/100 km in 2020, and to 5.0 L/100 km by 2025.

In the year 2025, cars are legislated to be more than 35 percent fuel efficient than they are today. ISTOCK

Congestion and increasing vehicle ownership and fuel costs might slow things down a bit, but I think we'll always be driving if we can — and they'll be more of us.

People are working on the congestion and ownership issues (smart grids, car sharing, self-parking, etc.), so if they net some gains and make everything nice, they will have their own "rebound effects" to add to the pile. Yeah, more vehicles built, fueled, driven, etc.

Until then, there's only one thing to do about rebounds — cover your man, keep your stick on the ice.

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Nissan asks: What do women really want?

JIL MCINTOSH
drive@metronews.ca

Back in 1955, Dodge introduced a new model called La Femme. Aimed at women, it was painted in pastel colours, and included a matching raincoat and umbrella.

It failed, proving that it takes more than just a few "feminine touches" to appeal to female buyers. But while automakers generally know what won't work, it's an ongoing challenge to determine what does.

"I think women are misunderstood, and it's because the industry assumes they're disinterested in cars, and find them boring and one-dimensional," says Rachel Nguyen, director of exploratory and advanced product planning for Nissan's head office in Los Angeles. "Instead, they see it in their lives, and if they will enjoy being in it.

Nguyen works with teams of designers, engineers and planners to identify major trends and customer needs, and also with consumers. While discussion groups are important, the company also uses immersion research that can include going into people's homes. "We're looking for insights," she says. "It's not typical market research. Immersing in these women's lives is where we gain our insight and tells us what we need to do."

Women also want technology as much as men do, but it needs to be intuitive and easy to use. The company is continually working on designs that take the enormous amount of information available, and present it in formats that are accessible, affordable, and also minimize distraction. "It's the kiss of death to say that you're designing for women," she says. "If you meet their needs, you will capture the needs of everyone."

Horoscopes

♈ Aries
March 21 - April 20
Having given your word about something, you can't break it because circumstances have changed and it suits you to change too. If you do, your reputation will head south fast, and so will your finances.

♉ Taurus
April 21 - May 21
Listen to your instincts today and do what they tell you. If you ignore them and lose out in some way, you will only have yourself to blame. Your inner eye sees everything.

♊ Gemini
May 22 - June 21
You're not the type to follow the same path as everyone. You like to blaze a trail and that is exactly what you should do today. Some will criticize you — mainly out of envy.

♋ Cancer
June 22 - July 23
If you must work almost non-stop, at least make sure you are working for yourself and not for people who benefit from your efforts. Better still, find a way to cut back on what you are doing. Put your wellbeing first.

♌ Leo
July 24 - Aug. 23
You cannot change the world but you can change your own attitude — and that will be a thousand times more productive. Your ultimate responsibility is to yourself.

♍ Virgo
Aug. 24 - Sept. 23
You want to be on the move and very soon you will be. Today, though, spend time checking and rechecking your plans, just in case you have missed something.

♎ Libra
Sept. 24 - Oct. 23
Do what your instincts tell you is right, even if it means you stir up powerful forces that see you as a threat. And don't listen to those who say the old ways are the best. What they mean is they benefit from them.

♏ Scorpio
Oct. 24 - Nov. 22
You want to protect your privacy but you also want to get out in the world. Somehow you will have to reconcile these two driving principles. Learn to compartmentalize your life.

♐ Sagittarius
Nov. 23 - Dec. 21
You know exactly what you want to be doing and exactly what you ought to be doing and for once the two coincide perfectly. Both at home and at work life will be easy today.

♑ Capricorn
Dec. 22 - Jan. 20
You may be impatient to start something new but the planets suggest that for best results you should leave it a day or two. The approaching eclipse will focus your mind and your energy with laser-like intensity.

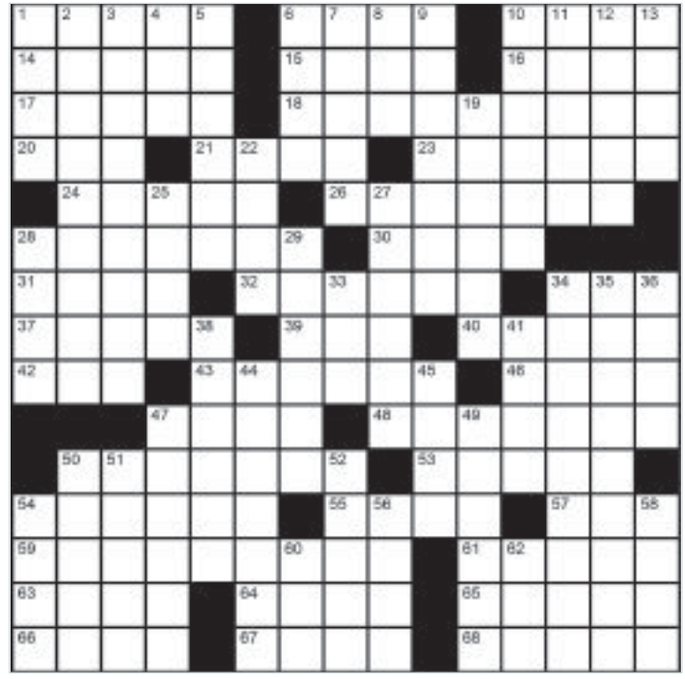
♒ Aquarius
Jan. 21 - Feb. 19
What can you do to make the world a better place? Be a better person. That may sound a bit too simple but really it's the only viable course of action if you want to make a deep and lasting difference.

♓ Pisces
Feb. 20 - March 20
You may be tempted to go public with news that makes a rival look bad but don't be too hasty. Do they know things about you that you don't want revealed? If so, think again. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



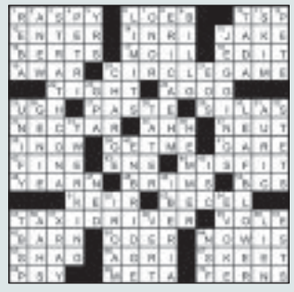
Across

1. Mischief manufacturization
6. Madrid 'water'
10. Pepper __
14. Pantheon of Norse gods
15. "..._ _ digress..."
16. 'Hypn' suffix
17. Ms. Stanger of "The Millionaire Matchmaker"
18. Labatt Blue, for one: 2 wds.
20. Coming-in-plane, e.g.
21. Potato chip brand
23. Skillfully sidesteps something
24. Sushi shapes
26. Operating Room professional
28. Artist of 1905 painting Woman with a Hat
30. Subatomic particle
31. Burden
32. Scarf-like garment
34. Detectives, for short
37. Monsters
39. Law: French
40. "Home __" (1990)
42. TKO caller
43. Uses Twitter
46. Sky bear
47. Yes
48. Saskatchewan city since 1882
50. Judicious
53. Songbook standard: "You __ __ Sunshine"
54. Suspect stories from flax fibres
13. Flat-screen TVs, e.g.
19. Capital of Colombia
22. Abbreviated aide
25. Ms. Watier of cosmetics
27. Haughty
28. The Tragedy of Othello, the __ of Venice (Shakespeare tragedy)
29. "Don't Walk Away __" by Sam Roberts
33. The Raven poet's surname
34. 'City of the Arts', part of Metro Vancouver: 2 wds.
35. How some canned sardines are packed: 3 wds.
36. Sitcom star Mr. Hayes
38. Painter's abode
41. Gospel scribe
44. Do like Hulk Hogan
45. Drench
47. Rent out your apartment
49. _-__ movie
50. Beach: French
51. Streamlets
52. "__ Song" by Sisqo
54. "Take _ __" by Madonna
56. Cans
58. Leg point
60. Prevent
62. Cheyenne's li'l state
55. Maori warriors' traditional war cry/dance
57. Traditional tree
59. Where to deposit a vote: 2 wds.
61. Q."It's half past __ __ my watch, what does yours say?" A."Three o'clock, it must be fast."
63. Gawk at
64. Highway division
65. Singer Ms. Gorme (b.1928 - d.2013)
66. Towards BC
67. Energy units
68. CBC's "Republic of __"

Down

1. "__ Don't Preach" by Madonna
2. Change around
3. Sports stadium surface, sometimes
4. Puny parasite
5. Shrimp-like creatures
6. Donna Mills' role on "Knots Landing"
7. Jeans company
8. Sport-__ (All-purpose vehicle)
9. City near Calgary
10. 'See History Unfold' city in southern Manitoba
11. "Give __ _ __." (Try)
12. Fabric fabricated

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2				5	8	
5	4						6	
			5		1	9		
		3			5	1		6
			6		8			
1		9	2			7		
		6	8		9			
	8						3	9
	3	7				8		

Yesterday's Sudoku

5	6	9	3	4	1	8	7	2
4	3	8	9	7	2	6	5	1
7	2	1	6	8	5	3	9	4
3	9	5	4	1	7	2	6	8
2	8	6	5	9	3	4	1	7
1	4	7	8	2	6	9	3	5
9	5	2	7	3	8	1	4	6
8	7	3	1	6	4	5	2	9
6	1	4	2	5	9	7	8	3

Weather

TODAY	THURSDAY	FRIDAY
MAX: 5° MIN: -4°	MAX: 7° MIN: 1°	MAX: 6° MIN: 0°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

OFFER ENDS OCTOBER 31ST

HYUNDAI

FACTORY AUTHORIZED CLEAROUT

0%† FOR UP TO 96 MONTHS FINANCING

ON ELANTRA L MANUAL

GET UP TO $10,000 IN PRICE ADJUSTMENTS‡

(AMOUNT SHOWN ON THE 2013 GENESIS 5.0L GDI R-SPEC)

HURRY IN TO GET AN AMAZING DEAL DURING THE 2013 CLEAROUT

2013 ACCENT 5 DR L

HWY: 5.3L/100 KM
CITY: 7.7L/100 KM*

Inventory is limited.
Dealer order may be required.

*5 L model shown

OWN IT FOR $73 BI-WEEKLY WITH 0%† FINANCING FOR 96 MONTHS

NO MONEY DOWN

SELLING PRICE: $15,139‡ ACCENT 5 DR L 6-SPEED MANUAL. $300 PRICE ADJUSTMENT‡. FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST. INVENTORY IS LIMITED. DEALER ORDER MAY BE REQUIRED.

STANDARD FEATURES INCLUDE:

1.6L GDI ENGINE • FRONT ACTIVE HEADRESTS • FRONT, SIDE & CURTAIN AIRBAGS. POWER DOOR LOCKS • AM/FM/CD/MP3/AUX/iPOD® AUDIO SYSTEM

★★★★★

2013 ELANTRA L

HWY: 5.2L/100 KM
CITY: 7.9L/106 KM*

Inventory is limited.
Dealer order may be required.

*Limited model shown

OWN IT FOR $79 BI-WEEKLY WITH 0%† FINANCING FOR 96 MONTHS + $1,000 IN PRICE ADJUSTMENTS‡

NO MONEY DOWN

SELLING PRICE: $16,539‡ ELANTRA L 6-SPEED MANUAL. $1,000 PRICE ADJUSTMENT‡. DELIVERY & DESTINATION INCLUDED. PLUS GST/PST. INVENTORY IS LIMITED. DEALER ORDER MAY BE REQUIRED.

STANDARD FEATURES INCLUDE:

8 AIRBAGS • iPOD®/USB/AUXILIARY INPUT JACKS • POWER WINDOWS & DOOR LOCKS • ABS WITH TRACTION CONTROL SYSTEM • DUAL HEATED POWER EXTERIOR MIRRORS

★★★★★

2013 SONATA SE

HWY: 5.6L/100 KM
CITY: 8.7 L/100 KM*

Inventory is limited.
Limited model shown

GET UP TO $5,250 IN PRICE ADJUSTMENTS‡

SELLING PRICE: $23,999‡ SONATA SE AUTO. $5,250 PRICE ADJUSTMENT‡. FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST.

STANDARD FEATURES INCLUDE:

SPORT-TUNED SUSPENSION • HEATED FRONT/REAR SEATS • 18" HYPER SILVER ALLOY WHEELS • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • POWER SUNROOF • POWER SUNROOF

2013 SANTA FE SPORT 2.0T PREMIUM AWD

HWY: 8.4L/100 KM
CITY: 11.0L/100 KM*

Inventory is limited.
Limited model shown

OWN IT FOR $168 BI-WEEKLY WITH 0.99%† FINANCING FOR 96 MONTHS

WITH $900 DOWN

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

SELLING PRICE: $24,399‡ SANTA FE SPORT 2.0T PREMIUM AWD AUTO. FEES, DELIVERY & DESTINATION INCLUDED. PLUS GST/PST. INVENTORY IS LIMITED.

STANDARD FEATURES INCLUDE:

ALL-WHEEL DRIVE

- 264 HP 2.0L TURBOCHARGED ENGINE
- REAR PARK ASSIST

P.K. SUBBAN
Montreal Canadiens Defenceman and Hyundai Hockey Helper

HELP GET KIDS INTO THE GAME!

Last year Hyundai Hockey Helpers helped over 1,800 kids get in the game and is working hard to help even more this year. Visit your local Hyundai dealer in October to help get a kid into the game. Join us online and take the Hyundai 1,000 Puck Challenge to improve your game AND help kids in your community play hockey.

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